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THE REGIment of life, wherunto is added a treatiſe of the peſtilence, with the boke of children, newly corrected and enlarged by T. Phayre.

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1545

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❡ The preface to the booke of chyldren.

Althoughe (as I doubt not) euery good mã wyll enterprete this worke to none other ende, but to be for ẏ comfort of them ẏ are dyſeaſed, and wyll eſteme no leſſe, of me by whom they profyte, then they wil be glad to receiue the benefytes: yet foraſmuch as it is impoſſible to auoid the teeth of malicious enuye, I thought it not vnneceſſary to preuent ẏ furies of ſome, which are euer gnawynge and bytynge vpon them that further any godly ſciences. To thoſe I proteſte, ẏ in all my ſtudyes, I neuer entended nor yet do entēd to ſatiſfy ẏ mindes of any ſuch pikfaultes (which wyll do nothynge but detract and iudge other, ſnuffynge at all that offendeth the noſes of theyr momiſhe affeccions, howſoeuer laudable it be otherwayes:) but my purpoſe is here to do them good that haue mooſt nede, ẏ is to ſaye children: and to ſhewe the remedies that god hath created for the vſe of mā, to diſtribut in Engliſhe to them that are vnlerned, part of ẏ treaſure that is in other lāguages, to prouoke them that are of better lernīg, to vtter theyr knowlege in ſuch lyke attemptes: finally to declare that to the vſe of many, whiche ought not to be ſecrete for lucre of a fewe: and to communicate the fruyte of my labours, to them that wyl gently and thankefully receyue them, which yf any be ſo proude or ſupercilious, that they immediatly will deſpiſe, I ſhal frendly deſyre them, with the wordes of Horace: Quod ſi meliora nouiſti, Candidus imparti, ſi non, his vtere mecum. If they knowe better, let vs haue parte: yf they doe not, why repine they at me? why condemne they the thing that they cannot amēd? or yf they can, why diſſimule they theyr cōnyng? how long would they haue the people ignoraunt? why grutch they phiſike to come forth in Englyſſhe? wolde they haue no man to knowe but onely they? Or what make they thē ſelues? Marchauntes of our lyues and deathes, that we ſhulde bye our healthe onely of them, and at theyr pryces: no good phiſicion is of that mynde. For yf Galene the prynce of thys arte beyng a Grecian wrote in yͤ Greke, kynge Auicenne of Arabie in the ſpech of his Arbyans: yf Plinius Celſus, Serenus and other of the Latines wrote to the people in the Latyne tonge: Marſilius Ficinus (whome all men aſſente to be ſingulerly learned) diſdayned not to wryte in the language of Italy: generally, yf the entent of all that euer ſet forth any noble ſtudye, haue ben to bee read, of as many as wolde: What reaſon is it that wee ſhulde hucher mucher here among a fewe, the thing that was made to be common vnto all?

Chryſt ſayeth: no man lyghteth a candle to couer it with a buſhell, but ſetteth it to ſerue euery mans nede: & theſe go about, not only to couer it when it is lyghted, but to quench it afore it be kīdled (if they myght by malice:) whych as it is a deteſtable thynge in any godlye ſcience: ſo me thynketh in thys ſo neceſſarye an arte, it is exceedynge damnable and deuylyſhe, to debarre the fruycion of ſo ineſtimable benefytes, which our heauenly father hath prepared for our comfort and innumerable vſes, wherwyth he hath armed our impotent nature againſt the aſſaultes of ſo many ſickneſſes: whereby his infynyte mercye and aboundaunte goodneſſe is in nothyng els more apparauntly cōfeſſed, by the which benefites, as it were with moſte ſenſible argumentes ſpokē out of

heauen

heauē, he conſtraineth vs to thinke vpon our owne weakenes, and to knowledge, that in al fleſh is nothyng but myſerye, ſyckneſſe, ſorowes, ſynne, afflicciō, and death, no not ſo muche ſtrengthe as by oure owne power, to relyeue one member of our bodyes dyſeaſed. As for the knoweledge of medicines, comforte of herbes, maintenaunce of health, proſperytie, and life, they be his benefites, & procede of hym, to the ende that we ſhould in common, helpe one another, and ſo lyue together in hys lawes and commaundementes: in the which doyng we ſhal declare oure ſelues, to haue woorthelye employed them, and as frutefull ſeruauntes, be liberallye rewarded, Otherwyſe, vndoutedly the

talent

talente whyche we haue hidden, ſhall be dygged vp, and diſtributed to them that ſhall be more diligente: a terrible confuſyon afore ſo hie a iuſtice, and at ſuch a court where no wager of lawe ſhall be taken, no proctoure lymytted to defende the cauſe, none exception allowed to reproue the wytnes, no councell admytted to qualifye the gloſes, the very bare texte ſhall be ther alleged. Cur non poſuiſti talentum in fenus. Whye haſte thou not beſtowed my talent to the vantage. Theſe and ſuch other examples, haue enforced me beyng oftentymes exercyſed in the ſtudye of phiſike, to deriue out of the pureſt fountaines of the ſame facultye, ſuche holſome remedyes, as are moſt approued, to the conſolacion of them that are afflicted, as farre as God hath gyuen me vnderſtanding to perceiue: folowing therein, not onlye the famous and excellent authours of antiquitye, but alſo the mē of highe learning now of our daies, as Manardus, Fuchſius, Ruellius, Muſa, Cāpegius, Sebaſtiā of Auſtrike, Otho Brunfelſius, Leoncellus. &c. wyth diuers other for mine oportunitie, not omyttyng alſo the good and ſure experimentes that are found profitable by the daylye practyſe. And where as in the regimente of lyfe, whyche I tranſlated oute of the frenche tonge, it hath appered to ſome, more curyouſe than nedeth, by reaſon of the ſtraunge ingrediens, wherof it often treateth: ye ſhall knowe that I haue in manye places amplyfyed the ſame, with ſuch commō thinges, as maye be eaſelye gottē, to ſatiſfye the myndes of them that were offended; or els conſyderyng that there is no moneye ſo precyous as helthe, I wolde thinke no ſpice to dere, for maintenaunce thereof. Notwythſtandyng I hope to ſee yͤ time, whan yͤ nature of Simples (whyche haue bene hytherto incrediblie corrupted) ſhall bee read in Engliſhe, as in other lāguages: that is to ſaye, the perfecte declaracion of the qualyties of herbes, ſeedes, rootes trees, and of all cōmodytyes that are here amongeſt vs, ſhall be earneſtely and trulye declared, in oure owne natyue ſpeche, by the grace of god. To yͤ whyche I truſte all lerned men (hauynge a zele to the common wealthe) wyll apply theyr diligẽt induſtries, ſurely for my parte, I ſhal neuer ceaſe, durĩg my breath, to beſtowe my laboure to the furtheraũce of it (til it come to paſſe) euen to the vttermoſte of my ſimple power. Thus fare ye well gentle readers.

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¶ Londini, Menſe Iunii.
M.D.xlvi,

¶ Here beginneth he Regiment of life, and firſt of the nature of mannes bodye.

¶ The humours which be in nature, and howe they are deuyded.

The bodye of man is cōpact of foure humors, that is to ſay: Bloude, Phlegme, Choler, & Melancholye, whych humours are called ẏ ſonnes of the Elementes, becauſe they be complexioned lyke the four elementes. For lyke as the ayre is hote and moyſte: ſo is the blood hote and moyſt. And as fyer is hote and dry: ſo is choler hote & drye. And as water is colde and moiſt: ſo is phlegme colde and moiſte. And as the yearth is colde and dry: ſo melācholy is colde and dry. Whereby it apereth that there be nyne complexions. Whereof.iiii,be ſymple,yͭ is to wete hote,colde,moyſt,and dry:and.iiii.cõplexions compounde:that is,hote and moyſt,which is the complexion of the ayre and of blood.Hote & dry, whiche is the complexion of the fyre,and of cholere.Colde and moiſt,which is the cõplexcion of the water & of phlegme: and colde and dry,that is the complexion of earth and of melancholie.The nynth complexion is temperate, neyther to hote nor to colde,nor to moyſt nor to drye,whych yet is a thing very ſeldome ſene amonge men. After the phiſicions ,the ſayde foure humours gouerne & rule euery one in his place and enduce mẽ to be of the complexions folowyng.

¶ The complexion of the phlegmatyke.

well fourmed.
Phlegme a ſleper.
enclyneth a dul of vnderſtandyng.
man to be. full of ſpattle.
full of coloure.

¶ The cōplexcions of the ſanguyns.

full of fleſhe.
Liberall.
amyable.
Blood cauſeth curtyſe.
one to be merye.
inuentyue.
bolde.
lecherous.
of red coloure

¶ The cōplexcions of the cholerike.

haſtye.
enuyous.
couetous.
Cholere cau= ſubtyle.
ſeth a mā to be cruell.
a watcher.
prodigall.
leane, and of yelowe
coloure.

The

¶ The complexions of the melancholyke.

Melancholy maketh one,
Solytarye.
Soft ſpirited.
Fearfull.
Heauye.
Curyous.
Enuious.
Couetous.
Blacke of coloure.

¶ Theſe be the foure humours whereof the bodyes are compounded, & euery one of them hath a ſpecial dominiō in reſpect of al the other, according to the age, that is to ſay, from a mannes natiuitie, til he come to .xxv. yeres, the bloud hath moſt power, and from that time to the yeare of his age .xxxv. raygneth the Choler, for then commethe heate into the vaynes, and the choler begynneth to aryſe and be ſtrong. Then cōmeth myddle age, and bryngeth forthe melancholye, an humoure colde and dry, and hath his enduraūce tyl fyfty yeres, or ther about, at which tyme all the humours of the body begynne to diminyſhe, and the naturall heate by lytle and lytle dothe abate. And thẽ ſuccedeth olde age vnto deth, in the which age phlegme hath yͤ pricipal power and dominion. Wherfore it ſhalbe neceſſarye for al that be of yͤ age, to cõfort their bodyes with ſome natural heate and meates of good noryſhyng, as yolkes of egges potched, good and yonge fleſhe, wheate bread, & good wyne, and all ſuche thynges as engendre good bloud and ſpirites, whereof we entende (by the ſufferaunce of God) to declare more aboundauntly hereafter.

¶ Here followeth the deſcripcion of inwarde and outwarde diſeaſes, wyth the moſte holſome and experte remedies for the cure therof, appropriat to euery membre thoroughout the body.

The fyrſte chapter, of the ſickeneſſe and remedyes of the heed.

Head ache chaunceth often times of diuers and ſondry cauſes, as of bloud, cholere, fleume or melancholy, or of ventoſitye, and ſometimes of heat of the ſunne, or of to great cold of yͤ aire.

Ye maye knowe heade ache when it commeth of bloude, for in the face and eyes there appeareth a darke rednes, prickyng, and heauines with heat.

Remedye.

Ye muſt let hym bloude on the head veine, on that ſide that the peine is on, then laye vpon the place oyle of roſes, vinegar, and roſe water, or a bag with roſes ſprinkeled with roſe water. And here is to be noted, as wel i this cauſe as all other, that yf his belly be harde and bounde, fyrſt ye muſt geue him an eaſye gliſter, or elles halfe an ounce of Caſſia newly drawen out of the cane, or ſome other eaſye laxatyue to prouoke the duety of the womb, els al applicacions of medicines, wyll bee nothyng worth atall.

One maie know headeache that procedeth of cholere, when in the face ther is a clere rednes, enclining ſomewhat towarde yelowe, holowneſſe of yͤ iyes. & the mouth drye and hote: And ſometymes bytterneſſe, ſmall reſte, greate heate with ſharpe paine, chiefly on the ryght ſyde of the head.

¶ Remedye.

Ye muſte geue hym morne and euen to drinke, ſirupe of violettes, or pomegranades with a meane draught of endiue water in a glaſſe, or of comin water ſodden and cooled agayne. And in ſtead of theſe ſirupes ye maye drynke water of endiue, ſuccorye, purcelane & nenuphar myngled together, or one of them by them ſelf, two or .iii. daies at euenyng and morning. Then geue a drāme of pillule ſine quibus, at night to bedwarde, or about midnight, & the day folowing kepe you ī your chāber. In ſtede of thoſe pilles, it is good euery mornig to take an houre afore ſūne a medicine to drynke, ẏ ſhall be made of halfe an ounce of Succo roſarum, mixt with two ounces of water of endiue. In ſteade of the ſaied ſucco roſarum, ye may take halfe an ounce of diaprunis laxatiue, & ye muſt take hede in gyuyng ſuche purgacions, that the pacient be ſtrõg, for if he be weake, ye may gyue hym but the halfe of ẏ ſayd pyles or of the other laxatyues. And yf in diminiſhyng the quantitie of the ſayde medicines, it worketh not with the pacient as it ſhuld, it is conueniẽt to gyue hym a common gliſter.

¶ An other remedy for the ſame peyne.

Ye muſt laye theron a lynnen clothe moyſted in roſe water, plantayne water, morel water, and vinegre, or elles take the iuyce of lettuce and roſes, & a litle vineger, and warme it together, and dippe therin a linnen clothe, and laye it to the payne.

An other.

Ye muſt take the whytes of .ii. egges, wyth roſe water, and beate it well togyther: and wyth towe or flaxe, lay it to ẏ greued place. Alſo ye muſt ſhaue his heed, and mylke thereon womans mylke, that nouryſheth a wenche, or waſſhe hys heed wyth warme water, wherein haue bene ſodde vine leaues, ſage, floures of water lilies, & roſes. Alſo it is neceſſary to waſh his feete & legges wyth the ſayde water, ſo that the pacient haue no reume: for if there be reumatike matters, ye oughte nether to ſhaue his heed, waſh his legges nor to lay any colde thing or moiſt to his heed. Ye maye knowe that fleume is cauſe of the peine in the heed, when ye fele coldneſſe with great heuineſſe: ſpeciallye in the hyndre parte: when one ſpytteth often, and hath his face lyke ſunne brent.

¶ Remedye.

Ye muſt drynke .iii. or .iiii. morninges ſirupe of ſticados with water of fenel, or ſirupe of wormewood, with a decoction of ſauge and maiorym. Then ye muſt pourge the heade from the ſayde fleume, wyth pillule cochie, and wyth pilles of agarici, or pillule auree made with one of the ſayde ſirupes, fyue in a dramme, and take.iiii.or.v.at nyght to bedwardes, or about midnight. Or in ſtead of thoſe pylles ye maye take a pocion in the morning.v houres afore meat, made of half an ounce of diacartami diſſolued ĩ.ii.or iii.ounces of betonye. After that ye ought to comfort the head, by weryng of a coife, made of double linnen cloth, and ſowed lyke a cotten quilt, wherin ye muſt put floures of camomil, maiorim, cloues nutmygges, maces, graines of Paradyſe and ſynamome in pouder, for ſuche thinges digeſt yͤ fleume, ſo that a purgacion be geuen of the ſayde pilles, or of pilles aſſagareth, or pilles of hierapicra, which are not ſo laxatyue as the other are.

After the ſaide purgacion, ye muſte put in the noſe of the paciente, pouder of pellitorye of Spayne or other , to make hi to neſe Alſo it is good to gargariſe his mouthe, with water wherein ſage hathe bene ſodden, and then to annoynte his head with oyle of lilies, camomil, or of rue.

Beſide this, it is good to geue the pacient euerye morning to drinke, ſage wine with water, to cõſume ẏ reume and to coumfort the braine and the ſynowes. The ſayd wine is thus made.

Put a litle bagge full of good ſage bruſed, in a quart of newe wyne, & let it ſtande ſo a nyght, then wring it out and vſe it. Suche wyne of ſage the inhabiters of Pariſe and Fraunce , vſe to drinke after harueſte all the winter longe.

When peine of the head procedeth of melancholie, the paciẽt feleth heuines of ẏ heed, and hath terrible dreames, with great care & thoughte, or feare, & his peine is ſpecially vpon ẏ left ſide.

¶ Remedye.

Take ſirupe of borage , heartes tõge

or fumytorye, with water of bugloſſe, and harteſtonge, or with the decocciō of ſage or time, for by theſe ſirupes ye ſhal digeſt and correct the ſaid melancholyke humours, and within a while the peyne wyll be releaſed. And yf it ceaſſe not for theſe medicines, after ye haue vſed .ii. or .iii. dayes one of yͤ ſaid ſirupes, or two or thre of thē togither, take a dramme of pylles, halfe auree: & halfe ſine quibus: or elles halfe of hiera, & halfe of pilles of fumytory: or in ſtede of pylles, ye may take in yͤ mornyng fyue houres afore meate .iii. drammes and an half of diaſene, tempered in water of borage or hoppes, or in the decoccion of ſage, licorice, great reyſins, and cordiall floures & frutes.

Heed ache cōmeth of winde or ventoſitie, when the paciente thinketh that he heareth ſound or noyſe in his heed, and the peyne is flytteryng from one place to an other, wythout heuyneſſe or deſcendyng humoure.

¶ Remedye.

Lay vnto his head hote lynnen clothes, & make a bagge of Gromelſedes & bay ſalte dryed togyther in a panne: ſo procede wyth ſtronger thynges, yf nede require, as is bagges made of maiorym, roſemarye, rue, barberies, & iuniper beries, laid to ẏ pained place: or wyth the decoccion of the foreſayd thinges, make fomentaciõ or embrocacion vpon his heed.

An other remedy.

Ye muſt take oile of Camomill, oyle of Dyll or Lylies, and annoynte the hed wyth one of thẽ, or wyth .ii. or .iii, or all togyther. Yf that helpe not, take oile of Rue, Spike, and of Caſtor, & anoynt it therwyth: and adde therto a lytle Pepper, and muſtard ſeede, yf ye would haue it ſore chafed or hette. Alſo it is good to drawe vp by the noſe, water of Hony, the iuice of Maiorim, and of Fenell, aromatiſed wyth a Nutmygge and lignum aloes.

Raſis a great practicioner among phiſicions ſayth: ẏ whoſoeuer often tymes putteth into hys noſe the iuice of maioꝛum, ſhal neuer be diſeaſed in yͤ head. I thinke he meaneth of the great maioꝛum.

Yf peyne of the heade come of heat of the ſunne, ye muſt applie to the places diſeaſed, as it is ſaide in the remedyes of cholere.

But yf the ſaide paine procede of coldeneſſe of the ayꝛe, then vſe as it is ſaid afoꝛe in the remedies of fleume.

¶ Here foloweth a regimente agaynſte all dyſeaſes of the head.

THe pacient that is diſeaſed i yͤ head, whether it be of bloud oꝛ of cholere, may not dꝛike wine noꝛ eat much fleſh, whitmetes, noꝛ thinges that geue anye great nouriſhement. But muſt bee contented to dꝛinke ptiſane, barly water, oꝛ iulep of roſes, & to eate roſted apples, damaſke pꝛunes, almon mylke, hulled barely, and pottage made with lettuſe, ſoꝛell purcelane, in bꝛoth of peaſon, oꝛ with a chicken, or veale, yf the paciente bee feble,

When payne procedeth of a colde humour, the pacient ought to drynke no wyne in thre of the fyrſt dayes, but to drinke onelye peniale, or ſuche ſmale drinke, for although the wyne bee very comfortable, as concerning natural heate, yet it is contrarye and hurteful vnto the ſpirites animal of the brain, and alſo of the ſinnowes.

And the paciente ought what payne ſoeuer it be of the head, to forbeare all vaporous meates, as garlyke, onions, leekes, peaſe, beanes, nuttes milkemeates, ſpyces, muſtard, greate colewortes, ſalt meates, and meates of yll dygeſtion. Alſo he muſt abſtayne from ſlepe of the daye, and after ſupper by the ſpace of two houres.

Trauayle of the minde is very cōtrary, becauſe of ŷ cōmocion that happeneth vnto ŷ liuely ſpirites, whiche are inſtrumētes of vnderſtãding, as Auicē that noble phiſicien ſayth, in the chapiter de ſoda temporali. Nihil eſt adeo conueniēs ſode temporali, ſicut tranquillitas et dimiſſio totius quod commouet ſicut ſūt fortes cogitatiōes. &c. Ther is nothyng that is ſo conueniēt for the meygrym, as tranquillitie and reſt, & let all thynges paſſe that moue the vertue animal, as great muſinges and all laboure of the ſpyrites. And chefely one ought after dinner to kepe him from al thynges that trouble the memorie, as ſtudyinge, readyng, wrytyng, and other lyke.

And for the better vnderſtanding of the ſickneſſe chauncing in the heed, ye ſhall knowe, that ſometyme it chaunceth becauſe of other diſeaſed mēbres, as of the ſtomacke, or of the mother of the reines, of the liuer, or of the ſplene & not of any cauſe in the heed it ſelfe. Therefore ye ought to cure ſuch ſickneſſe by helpyng of theſame mēbres, as it ſhall be ſhewed in the chapiters folowynge.

And ye maye knowe, that the head

ache cõmeth of diſeaſes of ỷ ſtomake, when the pacient hath greate paine at the ſtomake. Of the mother, when the woman feleth great payne in her belly. Of the reynes, whẽ their is a great paine in the backe. Of the ſplene, whẽ he feleth paine & heuineſſe therabout, vnder the lyfte ſyde. Of the liuer, whẽ the payne is in the ryght ſyde, aboute the lyuer which is beneth the rybbes.

¶ Remedies appropriate to the head of what cauſe ſoeuer the payne be.

TAke an handfull of Betony, an handfull of Camomyle, and a handful of veruayne leaues piked, ſtampe them and ſeeth them in blacke worte, or in ale for lacke of it, and in the later ende of the ſeethyng, put to it a litle Comyn brayed, ỷ pouder of a hartes horne, & the yolkes of two egges, and ſafrõ a lytle, ſtirre the wel about and lay a plaiſter hote ouer al his forehead and temples. Thys is an excellent remedy alſo for the megryme. It ſhall perce the better yf ye adde a lytle vineger,

¶ An other.

Make a plaiſter of bean floure, lineſeed & oyle of Camomylle, or in lacke of it, gooſe grece or duckes grece, and rubbe the place with Aqua vite, and after lay the playſter hote vpon it.

¶ An other.

Take a ſponeful of muſtardſeed and another of Bay buryes, make them in pouder and ſtampe them with a handful of earth wormes, ſplitte and ſkraped from their earthe, and a litle oyle of Roſes, or of Camomyll, or capons grece, and lay it on the grefe.

Alſo it is good to take the iuce of Iuie leaues mixt wyth oyle, and vinegre, & to rubbe therwyth your temples, and your noſethrilles.

Alſo the cheſtwormes that are found betwene the barkes of trees, whyche wil turne them ſelues togyther like a beade whē they be touched, yf they be taken & ſodden in oile it maketh a ſinguler oyntment for the migryme.

¶ The ſeconde chapter, howe to cure diſeaſes chauncyng in the face.

FYrſte as touchynge a diſeaſe called Gutta roſacea, or coperface in engliſh, it is an exceſſiue redneſſe about ẏ noſe, or other places of the face, commynge of brente humours, or of ſalte phlegme, whyche can not be holpen, yf it be rooted and olde.

¶ Remedye for the ſame yf it be curable.

YE muſt giue hym a purgacion, as is ſaid in ẏ paine of the head, commyng of cholere: thē dippe lynnen clothes in alume water, which ſhal be made thus. Take a poūd of alumeglaſſe, ẏ iuce of purcelane, of plātain, & vergiouce of grape or crabbes, of eche a pint & a halfe, with ẏ whites of .xx. egges & beat them wel together with ẏ ſaid iuice, thē mixe all together and diſtil it in a commune ſtillatory, & keepe the water for to vſe agaynſte all pymples, ſcurfes, wheales, chafinges, and heates that chaunce in the ſkinn

¶The clothes dipt as is aforeſayd, muſt be layed to the redneſſe, and oftētimes renewed with other freſh cloutes dipped in the ſame.

¶Another remedy.

Take lytarge of ſyluer, and brymſtone, of eche like muche, and ſeeth thē in roſe water and vineger, & then with a lynnen clout wette in the ſaid vinegre, lay it to the ſore.

¶Remedye to pallifye the coppred face that is vncurable.

MAke a bath wyth the floures of camomyll, violettes, roſes, and floures of water lillies, thē anoint ẏ place with vnguentum album cāphoratum, and mixt that ointment with a lytle yelowe brymſtone, and quyckſyluer kylled wyth faſtyng ſpitle, and annoynt the place withal.

¶A water for the ſame.

A water called lac virginis, is very good, & roſe water mixt with ſulphur, oile of tartare, and oile of wheate. Alſo these thynges are good foꝛ tetters ⁊ other ruggedneſſe of the ſkinne. ¶The ſayd lac virginis claryfieth the face, ⁊ dꝛyethe vp moyſte pymples, ⁊ takethe awaye frekels of the vyſage, ⁊ is thus made. ¶Take. iii. oūces of litarg of ſiluer fine poudꝛed, halfe a pinte of good whyte vinegre, mixt them togyther, ⁊ diſtylle them by a fyltre, oꝛ thꝛough a litle bagge, oꝛ by a pece of cloth. ¶Then take of the ſame water, and myngle it wyth water of ſalte, made wyth one ounce of ſalte poudꝛed, ⁊ halfe a poūd of rayne water, oꝛ wel water, ⁊ myngle theſe waters togyther, and it wyll be whyte lyke mylke, and wyth thys rubbe the coꝛrupt place. Some adde a lytle ceruſe wyth the litarge which is good foꝛ all redneſſe of the face.

¶Here foloweth a general diete foꝛ al copperous faces.

ABſtayne from all ſalte thinges, ſpices, fried meates, and roſted meates. Also from dꝛinking of wyne, foꝛ it is verye euill. Also onions, muſtarde, & garlycke, are very noughte. In ſtede of whyche, ye muſte take purcelane, ſorel, lettuce, hoppes, & borage, with ſuccory or endiue, in porrige or otherwiſe. Alſo it is neceſſary to be laxatiue, & in ſlepig, to lay your head hye.

For redneſſe of the face that is not copperoſed.

Take a pynt of goates mylke, the crommes of one whyt loſe hote, the white of ſixe egges, camfere two drames, and the iuyce of ſyxe cytrons, mixte all theſe togyther wyth the ſaid mylke, then take al the thre kindes of plantayne, and put them in the ſtylle vnder the ſayde drugges, and after it an other bedde of the ſame .iii. ſortes of plantayne , and diſtylle them with an eaſy fyre as ye wolde diſtille roſewater, and kepe it in a glaſſe veſſel. And after .xv. daies take a white lynnen cloth, and dippe in the ſaid water, and lay it to the redneſſe.

An other for the ſame.

Water of lylyes ſtylled, wyth the

bloode

blood of an oxe, and a litle camphere, is very good.

¶ For chopped or ſkabbye lyppes.

¶ Annoynte them wyth vngentū album cāphoratum, and yf there be any corrupt blood, or matter, ye muſt waſh the place wyth water of Plantayne, wherin hath bene ſodde a lytle alume afore ye put on the ſayde oyntment.

For the ſame.

¶ Vnguentum de tutia and oyle of yolkes of egges, be verye good for it. Alſo it is good to waſh ỹ place wyth plātain water, & barly water togither.

¶ For cankers, vlcers, and Noli me tangere.

FOraſmuch as Noli me tāgere chaunceth often in the noſe or aboute the face, begynnyng of a lytle harde and rōūd kirnel, or knobbe, and ful of paine, declynyng toward a pale and leady colour, ye may iudge that diſeaſe verye perilous, notwithſtādyng it is good to noynte it as hereafter foloweth, an-

and.

alſo to applye therto other remedies, as thus.

¶ Take Unguentum album two or thre ounces, the iuce of plantayne and nightſhade, of eche halfe an ounce, Tutie the weyght of halfe a crowne, mingle them togyther, and make an oyntment whyche is good for yͤ ſame diſeaſe.

¶ For wormes in the face.

Although that wormes in yͤ face maye not be had out, but wyth great difficultie: and by long proceſſe, bycauſe of the colde humour whereof they come, neuertheles, foraſmuch as oftentymes they happen vnto poore folkes, here ſhall bee recited a receipt proued for the ſame diſeaſe, whiche is an oyntment of a ſinguler operacion: and is thus made.

¶ Take the leaues & rootes of lekes, & iuce them all togyther, & take therof a pint & a half, and put it in a glaſſe wyth an ounce of pouder of pellitory, and a ſcruple of verdegrece, and ſtirre them all togyther, and euery day bath the ſayde wormes and wheles, wyth cotten moiſted in the ſaid iuce, & ſtirre it often in the glaſſe: thys is good alſo for wormes in any other mēbres, and breedynge in the syckeneſſe called in Fraunce the kynges euyl.

¶ A purgacion whiche ye oughte to take before the ſayd bathyng.

¶ Take halfe a dramme of good turbyth, and a ſcruple of gynger, halfe an ounce of ſuger, & a lytle whyte wyne, mixt all together, and drynke it in the mornyng twyſe a weeke warme, and renewe it euery thre wekes.

¶ For an vlcered face through wormes.

Ye muſt fyrſte mundifie the deade fleſhe wyth Vnguentum egyptiacum, or the pouder called precipitatus, and for the perfecte curacion ye muſte dry it well, wherfore it is good to waſhe the place often wyth alume water, & put therin lynte, and yf there be great moiſtnes at the time of deſiccation, ye muſt dippe the ſame lynte in vnguentum apoſtolorũ or ceraſeos, with a litle of the oyntmẽt ẏ foloweth, which ye maye ſafely applie from the beginning to the ende of ẏ cure, for it hath vertue to clenſe and incarnate, with a gentle mundificacion and dryeng.

¶ A ſinguler oyntment for wormes that matter.

Take oyle of lyllyes, oile of linſeed, ana. ounces. iii. oyle of roſes, oile of myrtylles, ana. ounces. ii. litarge of golde and ſyluer, and redde lead, ana, i. ounce, diaquilon white with gummes, iiii. ounces, goates tallowe, hogges grece, of eche two oũces & a halfe, blacke pytche, and colophonye, of eche ii. ounces, of the iuce of hoũdeſtonge, iiii. ounces. Seeth al togyther til they be blacke and the iuyce be cleane conſumed, then ſtreyne it thorow a thycke canuaſe, and after ſeeth it againe til it be exceding blacke in colour, and then adde to it cleare turpẽtine. iii. ounces, gũme oppoponac. ii. oũces & an halfe,

whyte

white waxe as much as ſhal ſuffice to make a plaiſter not ouer hard, & put the turpẽtine & oppoponax in when ye take it frõ yͤ fyre. This is an excellẽt plaiſter alſo both for woũdes & vlcers.

For the ſame.

It is very good to lay vpon them the herbe called houndſtong ſtãped with a litle hony.

¶ Regyment or diete for the ſame ſicknes.

¶ The pacient in al diſeaſes of yͤ face muſt endure hũger as much as is poſſible, and eate not much at ones. Alſo he muſte holde his head vpryghte, and ſlepe not on his knees nor elbowes, nor wyth hys face bowed downe. Alſo he muſt forbeare much laughynge, ſpeakynge, and great anger.

¶ For the eyes.

Hereafter foloweth diuers medicines for the eyes, whyche are the windowes of the mynde, for both ioy and anger, and the mooſt of our affectiõs, are ſeene & knowen openlie throughe them, and they are ordeined and made to lyghten al the body, wher vnto nature hath geuen browes and eye lyddes, to defend them and kepe them in ſafetye, and the better to reſiſt thiges contrarye and hurtfull vnto them.

Yet notwythſtandyng, beſyde many other chaũces, there happeneth ſōtymes a debilitye in the ſyght, which muſt be holpen as herafter foloweth. ¶ Take fenell, verueyne, celydone, rue, eyebryght, and roſes, of euery one of them a lyke muche, and diſtylle them as ye wold diſtille roſewater, and vſe a litle therof in your eyes, both in the mornynge, & when ye go to bedde.

¶ A water proued to clarifye the dymmes of the ſyght.

¶ Take the iuyce of fenell, of celydonye, rue and eyebryght, of eche .ii. oũces, hony an ounce and a halfe, aloes, tutye, and ſarcocolle, of eche halfe an ounce, the galle of a capon, cheken or cocke two drammes, nutmygges, cloues, and ſafron, of eche a dramme, ſuger candy .vi. drammes, put al in a lebike

bike of glaſſe & diſtille it. And of this water put in your eies ones ī the day. And if ye could gette the liuer of a he goate, and mixt wyth the ſaid thinges in the diſtyllacion, the water wil be of muche greater vertue, and all moſte wyth out compariſon.

For the ſame.

Ye muſt vſe euery daye to eate nutmygges, and to take ones in a weke a mirabolane condyte.

For the ſame.

Take a pie and burne her, and beat her to pouder, and mingle it with fenel water, and put it in your eies. Alſo water of younge pyes ſtilled, is very good. Lykewiſe water of rotten apples, put .ii. or .iii. droppes in yͤ eies helpeth very muche.

A ſinguler water for diſeaſes in the eyes, and to clarifye the ſyght.

Take the grene walnuttes, huſkes and al from the tre, with a feawe walnut leaues and diſtylle therof a water to droppe within your eyes.

Pylles good for the ſyght.

The pylles ſine quibus, aſſagareth, with troſciſkes of agaryk, and pillule lucis, are excellente good to purge the brayne and comfort the ſyght.

For payne of the eyes.

Somtymes payne of the eyes commeth of bloud, and then the vaines of the eyes are redde and ſwollen, wherfore it is conuenient to be let bloud of the heade veine on the ſyde where the payne is.

For bloodeſhoten eyes.

The bloode of a ſtockedoue or in lacke of it an other doue or pigeon dropped a litle in the eie, and a wete cloute thereof layde vpon the ſame, healeth bloodſhotē eies whether it be of ſtroke or any other cauſe.

Somtime the ſaid peyne commeth of cholere, & then the paciēt feleth great heate, ſharpe prycking, & much peine, & commonly ther appeareth no gumme in the eyes, and yf it do, it is yelowe.

Therfore ye ought to giue him a purgacion purgyng cholere, as hath bene ſayde in the remedye of the head procedyng of the cauſe of cholere.

¶ For ſwellynge of the eyes.

Take a quynce and ſeeth it in water tyl it be ſofte, then pare it and bruſe it & myxe it wythe the yolke of an egge and the cromes of wheaten or white bread ſteped in the ſaid water, and put therto a litle womans milke, and two peny weyght of ſafron, braye them all togyther and lay it ouer the forehead and the eies. Sometimes ſuch paines chaunce becauſe of fleume, and thẽ the pacyente feleth greate heuynes in hys eyes, wyth abundaunce of gummye matter, or water deſcendyng into the eyes. And in thys caſe, ye muſt purge the fleume, as it hathe bene ſaid in the remedye of the heade greued by the exceſſe of fleume.

¶ To reſolue the gumme ye ſhall vſe to waſhe your eyes often tymes wyth the iuyce of houſleke, otherwyſe called ſenegrene.

And ſometymes the ſame peyne cōmeth becauſe of ventoſitye or winde, and then the pacient feleth ſuche peynes as if one beat on his eare with an hammer, for whych it is good to make a decocciō of camomille floures, mellilote, & fenell ſeed, in water & whyte wyne, & therein wette a foure double linē cloth & the licour wel preſſed out, laye it often vpon the eye.

Otherwhyles there chaūceth peine of the eyes becauſe of exterior thiges, as of wynd, duſte, or heate of the ſune, and then it is mete to lay therto womannes mylke, wel beaten with the whyte of an egge.

And ſometyme the ſaide peyne cōmeth by percuſſion or ſtrykynge, and then ye muſte droppe into the eie, of yͤ bloud of a pigeons winge, or of a partryche, whyche bloud hath like vertue to take awaye ſpottes, markes, and rednes of the eyes.

For very great payne

Of lyfe
of the eyes.

Take an ounce and a halfe of oyle of roſes, the yolke of an egge, and a quarter of an ounce of barly floure, & a litle ſaffron, mixe all together & put it betwene two linnen clothes, and lay it to the peyne.

An other.

Take of crõmes of wheaten breade whyte, an ounce, and ſeeth it in nyght ſhade or morel water, then myxe with the ſaid bread .ii. yolkes of egges, oile of roſes, and camomil, of eche an ũce and an halfe, muſcilage of lineſeede an ounce, and vſe it as is aforeſayd.

An other.

Take ſyxe leaues of henbane, & roſte them, then beate them verye wel in a morter, and laye them to the peyne.

For rednes of the eyes.

In the begynnyng of the rednes laye vpõ the eyes towe dypped in yͤ white of egges, but let yͤ whites be wel beaten fyrſte wyth roſewater, or with plãtayne water.

An other.

Take redde roſes, and ſeeth them, and let them be ſet warme to your eie. Thys taketh awaye ſpottes of bloud, that ſometyme chaunceth in the eyes. Alſo it is good for al diſeaſes of the eyes. And it is good for rednes of the eies, that commeth by ſtryking or any ſuche vyolence. If at any time there happen a ſpot or blemiſhe in the eye by a ſtroke, ye muſte lay to it by & by towe wet in roſewater and in whytes of egges, and after that the peine be mitigate, ye muſte lay a playſtre vpon the eye, made of a rawe egge, barlye floure, and the iuyce or muſcilage of mallowes, and then yf the eye be not holpen of the ſayd bloud, ye muſt laye to it a plaſter both diſſolutiue, defenſiue, and partlye appeyſyng the peine, which muſt be made of whete floure, yͤ iuice of mallowes, mintes, & ſmalach, and the yolke of an egge.

Of hardeneſſe that hath bene long in the eye.

Of lyke

Take a ſcruple of aloes ſuccotrine & melt it in water of celydony at yͤ fyre, then receyue the fume of it, and afterwarde waſh the eie with fenel water.

An other.

Take poudre of cumyne myxt wyth waxe lyke a plaiſtre, and laye it vpon the eye.

An other.

Take red roſes, ſage, rue, celedonie, of eche a lyke muche, with a lytle ſalte, and diſtill a water, and putte therof a drop or two in your eye, euenyng and mornynge. In ſteade of that water, it is good to take iuyce of verueine, rue, and a lytle roſewater.

For all redneſſe of the eyes.

Take the bygneſſe of a nut of white copperoſe, and a ſcruple of yeros, and poudre it, and mixt it with a glaſſe ful of well water, then putte two or thre droppes in your eyes.

For the ſame.

Water of ſtrawburies made and put

in the eye is good.

A ſinguler poudre that dryeth, and taketh awaye redneſſe of the eyes.

TAke tutie preparat an oũce, and timonie halfe an ounce, perles, two drammes, red coral a dram and an halfe, poudre al theſe thinges verye fyne, and kepe them in a box of tynne, and vſe it.

For to ſtoppe wateryng of the eyes.

MAke a plaiſter of poudre of maſtike, fyne frankenſence, boole armoniake, and gũme dragagante, with whites of egges myxte together, & layde to the foreheade & tẽples. Alſo it is good to ſet ventoſes on the nape of the necke. Alſo it is good to make a colirie to put into the eyes, as foloweth. Take tutie preparat & the ſtone called lapis hematites, of ech a drãme, aloes halfe a drãm, perles and camphore, of eche a ſcruple, a ſcruple, pouder them all very fine, and myxe them in thre oūces of water diſtilled of the knoppes of rooſes, and thereof make a collirie.

Alſo for to ſtoppe al humoures deſcendyng to the eyes, theſe thynges aforeſayde are verye good myxte wyth rayne water, wherin olibanum or frãkenſcence hath bene ſodden.

¶ For webbes of the eye.

IT maye bee eaſylye holpen in younge folkes, but in aged perſons it is veraye harde. And in the begynnyng ye muſte mollifye them with a decoction of the floures of camomyl, mellilote, & cole leaues, receiuyng the fume of the ſaid decoction within the eyes, and then put therin a litle pouder made with ſuger candye, ſall gemme, and egges ſhelles burnt, and afterward diſtyl into them womans mylke with the decoction of fenugreke.

¶ An other ſinguler receate for webbes in the eyes

Take ſnayles with the ſhelles on, and waſh them eyght tymes, and diſtil them ĩ a commune ſtillatory, then take hares galles, redde corall, and ſuger-candye, with the ſaide water, dyſtylle them agayne, and put euery mornyng and euenyng a droppe in your eye.

¶ An other water.

This water is made of white coperoſe, ſuger candy, and roſewater, with whites of egges that are ſodden hard, all ſtreyned through a linnen cloth, & put into your eye, after diner and all nyght to bedwarde.

Regiment for them that haue any ſore eyes.

Ye muſt alwaye kepe youre belly loſe and abſtayne from fyre, ſmoke, wynde duſt, and ouer hote or colde ayre, & frõ wepyng, and longe readyng of a ſmall letter, from ouer long watchyng, ouer muche drinkyng of wyne, and eatinge late, for al theſe are very noiſome to yͤ eyes and ſyghte. Alſo all euaporatiue thinges, as onions lekes, garlike muſtarde ſtard, peaſe, and beanes, are very dangerous. Ye muſt kepe your fete cleane and forbeare the daye ſleape. Beholde grene thynges, cleare water, precious ſtones: and to kepe you from lõg holdyng dawne youre face, ſocoureth the ſyghte very muche, and is verye good for the eyes.

Likewiſe vſe meates of good & quicke digeſtion, as to eat ſenel often, and after meat take coriander comfites preparated, and drinke not after them. But aboue al kepe awai your handes, for the rubbing of them maketh them worſe and worſe.

¶ Remedie for dyſeaſes of the eares.

TAke oyle of roſes & a litle vinegar, and put it into the eare, then make a bagge of camomill and mellilote, and laye it thereunto.

¶ For noyſe and ſoundyng of the eares.

Take pillule cochie, or fetide, because the ſounde procedeth of ventoſitye, or of phlegme, and before ye take the ſayde pylles, it is good to drynke thre ounces of fenell water. ii. houres before meat. iiii. or. v. dayes. After the operacion of the ſayd pylles, ye muſte dippe a tente in oyle of rue caſtor or of ſalte, with the iuice of lekes, and often in the mornyng faſtynge to holde hys eare ouer the warme decoction of maioram, rue, wormewood, camomil, and melliote.

¶ For peyne in the eares.

Goſe grece wyth a lytle honye ſwageth the paynes of the eares.

¶ Alſo the cheſtwormes ſodden in oyle of roſes vpon hoate aſches in the rynde of a pomegranate, and dropped in the eares.

¶ Item oyle of almondes, ſpecially of the bitter almondes, hoate.

¶ Item if there be water in the eares it ſhall bee hadde out with a litle goſe grece and the iuyce of onyons

¶ Alſo earth wormes with goſe grece ſoden is good for payne in the eares.

Item an adders hame ſodden in wine and yͤ eare bathed in it, & a litle thereof put into the payne is good to take a waye the gryefe, and it helpeth alſo to the eares that are rennynge with ſtinking matter and corrupciō, but in that caſe ye muſte haue boyled in the wine a lytle myrre.

¶ Regiment.

The pacient muſte eate and drinke litle, and ſweate in bathes, or whote houſes, and ſometimes to prouoke neſynge. He muſte forbeare garlicke, onions, leekes, peaſe, beanes, and nuttes, nor drinke wyne wythout water.

¶ For deafenes.

Sometime there chaunceth deafnes by wynde, whyche is in the eare, the whiche cauſeth tinklynge in the head, and then one muſte put a litle aloes in hote water, or in white wine, and diſtyll into the eare. Then put a litle euphorbium in pouder into his noſe, to make hym to neſe, and auoyd aſmuche humours as ye can.

Sometyme deaffeneſſe commeth of fleume, which when it is old is vncurable. But when it beginneth, it muſt be purged as hath bene ſaid i ỹ remedy of ỹ ſounde of the eares. Thẽ take pouder of bay beries, & ſeeth it in oile of lilies, and put it warme into youre eare, and a litle blacke wolle to ſtoppe the eare with, that no aire entre.

¶ Remedye for ſtinkyng of the noſe.

Take cloues, ginger, and calamynte, of eche a lyke, & ſeeth thẽ in white wyne, and therewith waſh thy noſe. After put in pouder of piretrum to prouoke you to neſe, & if ther be repleciõ of fleume in the head, firſt ye muſt purge it with pilles of cochie or of hirea picra. Alſo yf the cauſe of ſtinkyng come frõ the ſtomake, firſte helpe the ſtomake, as ſhalbe ſaide hereafter in the remedies of the ſtomake.

¶ Medicines for bledynge of the noſe.

Take a dramme of boole armoniake waſhed, and myxe it in roſe water or plantayne water, and drynke it. Then binde the extreme partes, as harde as ye maye, & after make a tente of greke nettels, and put into his noſe. Moreouer, it is good for the paciente to holde in his hande egremony, with the roote and all, and drinke the iuyce of knotgraſſe, and withoute doubt the bloud ſhall ſtaunche anon.

¶ For the ſame.

Set a boxyng glaſſe vpon his liuer, yf the bloud come from the right ſide, or on the ſplene yf he blede on the left ſyde, and laye vnto the ſtones a good quantitye of towe or linnen dipped in vinegre, and for a woman laye it vpon her breſtes.

¶ An other ſinguler medicine for to ſtaunche bloude, and it is a thing expert of al the good practicioners.

¶ Take ſwynes dounge, euen as hote as ye can haue it from the ſwyne, and when yee haue cleanſed the congeled bloud out of yͤ noſe, wꝛing it thꝛough a cloute and let the iuyce perce into the ſyde from whence the bloud commeth, and by the grace of God ye ſhal ſee it ſtanche anone.

Moꝛeouer it is good to bynde the fete and armes as hard as can be ſuffered, with a coꝛd oꝛ a lace, the ſtronger they be bounde the better.

¶ Remedy foꝛ the tothe ache.

PAyne of the tethe (as Galene ſayth) amongeſte other paines that are not moꝛtall is yͤ moſt cruel and grieuous of them al. It maye come diuers wayes, of a cold oꝛ hote cauſe. If it come of a hote cauſe hys gommes are redde, and verye hote, wherfoꝛe it is very good to hold in his mouthe water of camphoꝛe oꝛ to ſeeth a lytle camphoꝛe in vinegre, and holde it in his mouth.

¶ An other ſynguler remedye that

taketh awaye al kyndes of tothe ache, ſpecially yf it come of a hote cauſe.

Take henbane rootes, and ſeeth them in venegre, and roſewater, and put the decoction in your mouth.

Remedie for the toth ache that commeth of colde cauſes.

Forasmuch as in ſuche caſes oftentimes there diſtelleth aboundaunce of water into the mouth, pourge it with pillule cochie, and afterwardes kepe ī your mouth warme wine, wherī hath bene ſodden pellitorie, mintes & rew.

✠ An other remedye for theſame.

Take ſage, pellitorye, and ſeth them in vineger, and kepe it in your mouth as hoate as ye maye ſuffer.

✠ An other for theſame.

Take pellitorie, ſtaue ſacre, and the thre kindes of pepper of eche one part, macis, galingale, halfe part of ẏ other, make a pouder, and with a litle whyte wyne rub the teeth and then laie on ẏ foreſayde pouder where the payne is.

¶ An other.

Take the middle barke of an elder, ſalte, and pepper, of eche a like muche: and ſtampe them together, and laye it to the ſore teeth.

¶ An other remedye.

Take a litle cotten, and dyp it in oyle of ſpike, then put it on the ſore tothe. If the tothe bee hollowe, it is good to drawe it oute, for it wyll euerye daye waſte whatſoeuer ye doe vnto it.

¶ To make the teeth white.

Take white marble, cuttle bone, white coral, ſal gemme, bay ſalt, maſtike, and pilles of a citron, of eche like much, make them in very fine poudder, and rub the teth therwith, euery mornynge: And afterwarde waſhe youre mouth with white wyne, wherin hath bene ſodden a litle camomil and dyll.

¶ For the ſame.

Take vineger of ſquilles and dippe a litle pece of cloth in it, and rub the teeth and gummes withall. The ſaide vineger faſteneth the gummes, com=

forteth the rotes of the teeth, and maketh a ſwete breath.

An other remedye to make the teeth white.

Diſtille a water in a lembik, of two partes of ſal gemme, and yͤ third part of alume, and rub the teth with a linnen cloute dipped in the ſame.

To take awaye ſtinking of the mouth.

Ye muſt waſhe his mouth with water and vineger, and chewe maſtike a good while, and then waſh thy mouth wyth the decoction of anyſeſedes, mintes, and cloues ſodden in wine. If the ſtinking of the mouth commeth of a rotten tooth, the beſte is to haue it drawen out.

Regyment for toth ache, and ſtinkyng of the mouth.

Ye muſte waſhe your mouth before and after meat with warme water, for to clenſe the mouthe, and to purge the humours from yͤ gummes, which diſcend out of the head. It is good euerye morning faſting, to waſhe your mouth and to rub the teeth wyth a ſage lefe, pilles of citron, or wyth pouder made of cloues and nutmigges. Ye muſt forbere lettuce, raw fruit, al tarte meates and the chewing of hard thinges. Alſo al meates of euyll digeſtion, and vomityng.

✠ The thyrde chapter treateth of remedyes for dyſeaſes of the breaſte.

FIrſt for hoarceneſſe of the voyce, that maketh a manne to ſpeake lowe, & with great paine, ye muſt auoyde al egre, ſalt, and ſharpe thinges, & ſleping by daye, to much watching, great cold, much ſpeakinge, and to loude cryinge. All ſwete thinges are very good as apples ſoddẽ wyth ſuger, greate rayſins, figges, almond mylke, hulled barlye, pignolate, penedies, white pilles, ſuger candye, and the iuice of licorice

Remedy for a hoarce voyce.

Take the broth of redde colewrote and mingle with it .vii. or .viii. penidies, and an ounce of ſirupe of maiden heare, and geue vnto the pacient, whē he goeth to bedde.

An other medicine.

Take diayris ſymple, & eat a lozeng of theſame at morne and alſo at night.

An other remedye for horceneſſe of a long continuaunce.

Take rayſons, fygges, ſuger, cinamome, and cloues, of euery one a litle. Seeth them in good wine, of the which ye ſhal geue to drinke morning and eueninge .ii. ounces at a tyme, except he hath a feuer.

For the ſame.

It is good to take morning and euenyng, a ſponeful of the ſyrupe of iuiubes myxte with a roote of liquirice, in maner of aloc. If with the ſayd horcenes, there deſcend aboundaũce of water to yͤ mouth, it is good to make an electuarye,

electuarye of halfe diapris, and halfe diadragantum, and to vſe it firſte and laſt, after perfumyng wyth ſtoupes of flaxe, fumed with frankinſēce, maſtike, ſandrake, and ſtorax calamite, laide vpon the head warme.

Remedye for the cough.

Take yſope, great rayſins, and fygges, of eche a litle handefull, licorice one ounce, boyle them in water til the thyrd part be waſted, then geue it him for to drinke twyſe a day, in the morning two houres before meate, and at nyghte one houre beefore ſupper, and immediatlye after, it is good to eate a lozenge of diapris, or diapenidion. If ye wil haue it ſtronger, put to them in the decoction a lytle coole woortes, anyſe, and fenell, with the ſedes of nettelles, of eche two drammes.

An other remedie.

Take ſugercandy, white pilles dyapris, & diadragagant, of euerye one .i. ounce, licorice .ii. drāmes, make a poulder, and let hym eate therof a ſponful, morning and euening, and drinke after it three ounces of water of Iſope, or of ſcabious, with ſuger or without ſuger.

In ſtede of thoſe waters, ye may take the broth of redde colewoortes wythout ſalte.

An other remedye.

Take ſirupe of liquirice, and of yſope, and drinke it euen and morne, wyth a ptiſane or one of yͤ ſame ſirupes, with a ſponefull of ptiſane is good.

An other.

Take pouder of diayris ſimple, and liquirice of eche a dramme weighte, & with foure ounces of ſuger make an electuarye, to be eaten fyrſte and laſte, and after meate.

An other.

It is good to take loc ſanum, with a ſtycke of liquirice, at the coughynge, and after meate. And there is an other loc called loc de pino, as good at all times as yͤ other is. And it is good to annoynt the breaſt morning and eue-

ninge

nynge, wyth oyle of lylyes, ſwete almons, and maye butter without ſalt.

Here is to be noted, that commonly yͭ coughe pꝛocedeth of colde humours that greueth the longes, and foꝛ that cauſe all thynges the whiche be hote, ſwete, and do pꝛouoke ſpittel, are very good and holſome, foꝛ the ſame as bee the thynges afoꝛe rehearſed.

And ſometyme it pꝛocedeth of heat, & thē it is knowē by the great alteration oꝛ feuer, & then ye muſt foꝛbyd the pacient dꝛinkyng of all wines, and to vſe the thinges yͭ hereafter foloweth.

Remedy againſt the coughe comming of a hote cauſe.

Take ſyꝛupe of violettes, and of iuiubes, and dꝛynke thereof moꝛninge & eueninge, with a litle ptiſane ſodden.

Foꝛ the ſame.

It is good to take fyꝛſte and laſte, a lozenge of diadꝛagagant, & afterward to dꝛynke a dꝛaught of good ptiſane.

A good receite agaynſt the coughe.

Of lyfe.

Take the rote of Enula campana, horehounde, holihock, of eche a lyke moch, ſeeth them altogyther in white wyne wyth a doſen of fatte fygges, & a litle liquirice, drinke of it a draught, euerye daye twyſe,

Regiment or dyet for them that haue the cough.

Ye muſt abſtayne frō vinegre, veriuce, all ſalte meates, frutes, and rawe herbes, fyſſhe, lymons, groſſe meates, and to much repletion. Alſo ye maye drinke no wyne betwene meales, and beware of daye ſlepe, and ſpecially after meate.

The wynde, the colde, and much talkynge, are verye vnnaturall for ẏ coughe, and ſo is all laboure aſwell of the bodye as of the mynde, and ſome tyme it is good to holde your wynde a lytle, and let it go agayne.

Remedyes agaynſt ſhortnes of the wynde.

SHortnes of the winde proceedeth often tymes of ſteume, that is coughe and clāmiſhe, hangyng vpon yͤ longes or ſtopping the condites of yͤ ſame, being in the holowenes of the breſte, or of catarrous humours yͭ droppeth downe into the longes, and therby cōmeth ſtraitneſſe in drawing of the breth, which is called of phiſicions, diſpnoca, or aſthma, & when yͤ paſient can not bend his necke down for drede of ſuffocaciō, it is called orthopnoca. For euery one of theſe diſeaſes ther be very holſome medicines declared here afore,

¶ The receyte for Aſthma.

Take an ounce of great raiſins picked frō the kernelles, two figges, the meat of a date, dry iſope, maydenhere, licorice, and the longes of a foxe waſhed in wyne, water of ſcabiouſe, of euery one a dramme, penidies .ii. oūces with ſirup of licorice, let al be ĩcorporated, & make a loc, to eat a good while after meate, wyth a ſticke of lycorice.

Another

¶ An other receypte.

Take horehounde, maydenhere, and yſope, of euery one a hãdful, liquirice, dates, fygges, ſeed of ſmalache, and of fenel of euery one half an ounce: boile them in a pinte of water and an halfe tyl the thyrde parte be conſumed. After gyue hym the ſayde decoccion to drinke a good draught euery mornyng two houres afore meat. And before it, or incõtinently after it, it is good to take aſmoche as a cheſnut of conſerue of colewortes, or a lozeng of diayſope or diarris Salomõis. Alſo loc de pulmone vulpis, is excedynge good for the ſayde diſeaſe,

¶ An ointmẽt for ſhortnes of breath.

Take .ii. ounces of oile of ſwete almõdes, one of maye butter vnſalted, a lytle ſaffron, and of newe waxe, & make an oyntment, wherewyth ye ſhall anoynte the breſt morne and euen.

¶ Regiment.

Conſidering ẏ ſayde diſeaſe commeth of to greate aboundaunce of fleume in the lõges, it is good to obſerue the thinges that are ſhewed in ÿ remedyes of the cough. And to dwell in a dry place farre from water pooles, or mariſhes, and to ſlepe in a moyſte chãbre, in the whyche ye muſte haue a fyre of wood without ſmoke. The bread muſt be light and pleaſaunt, for ſour bread, browne bread, and cruſtes, are to be auoided. Alſo ye may eate no peaſe, benes, nuttes, cheſtnuttes, nor any thing that ſtoppeth or engendreth wynde. Fyſſhe roſted vpon the gyrdyron may well be ſuffred, for they be not ſo euil. Hulled barly, ryſe, broth of colewortes, and broth of an old cocke with Iſope & ſaffron, are ſpeciall good meate for the longes, and ſo are fatte figges, rayſins of alican, dates, graynes of ÿ wyne, pignolate, and ſwete almondes. Greate mouinges and chafynges, and ſodaine laboure is verye euyl, yet moderat exerciſe afore meate is good and profytable.

Kemmynge, anger, and ſuch other paſſions that enflame yͤ hert, are in thys caſe vtterly to be auoyded.

¶ Remedyes for the pthiſycke.

PThiſis is an vlceration of the longes, by the which al the body falleth into conſūption, in ſuche wyſe that it waſteth al ſaue the ſkyn. Ye maye knowe him that hath a pthiſicke, for from day to day he wayeth euer leaner and viler, and his hear falleth, and hath euer a cough, and ſpitteth ſomtime matter and bloody ſtrynges wythall. And yf yͤ whych he ſpytteth be put into a baſi of water it falleth to the bottome, for it is ſo heauie.

Galene ſpeaking of thys diſeaſe, ſayeth it is vncurable. But when he was in Rome, he gaue coūſaile to thē that had the pthiſickes, to dwel in the mountaynes and hye places, far from waters, & watry groūdes, and ſo theyr life ſhulde be prolonged, but at the laſt they dyed of the ſame diſeaſe. Neuertheleſſe, it is good to releaſe the paine and to helpe thē as much as it is poſſible,

ſible. And the thyng that is moſt holſome for the ſame, is to drynke euerye mornyng a draught of aſſes milke. iii houres afore meat, in the place whe of one maie take the milke of a goate, newlye milked, and mixe them euery tyme wyth a ſponeful of poudre, made of ſugre of roſes. And it is good euery tyme to vſe cõſerue of roſes, pignolat, diadragagantum, and annoit the breſt before and behind, wyth oile of ſwete almondes, maye butter, and ſalte.

An other remedy proued by a religious man.

Take two ounces of pimpernell in poudre, and therof make an electuary with ſugre, & vſe it euery morning. ii. drammes with pimpernell water. iii. ounces. Water of ſnailes diſtilled is proued good to them that be pthiſike, euerye morning in drinke, & for all the that are drye and leane.

An other.

Take the. iiii. colde ſeedes, ſeede of quinces, of eche. iii. drãmes & a halfe, whyte poppe ſeed.v.drãmes,the iuce of liquiriſe,yſope,amidum,gũme arabike,and dragante,of eche a dramme and an halfe,penidies,the weyghte of them all,make a poudre,and vſe every morninge.ii.drammes,and after take two ſponefulles of ſyrupe of iuiubes or i ſtede of it drinke ẏ ptiſan of water of vngula caballina,otherwiſe called horſchofe. The poudre wherof is good for ẏ pthiſike,wherwith Haly ſaith,ẏ he healed a mõke,of ẏ ſame ſickneſſe.

Regiment for pthiſyke.

Ye oughte to doe as hath ben ſayde in regimente of Aſthma,and to abſtayne from all ſpices,ſaue ſaffron. Ye muſte likewiſe abſtayne from al ſowre thinges,ſharpe thinges,& tarte,nor be not hungry,nor drye:but cheryſh you wel with meates of eaſie digeſtion,& good noriſhment,ſuche as is coleys of capons,hulled barlye,almon mylke,egges yolkes,veale,kidde,lambe,ſhepes fete,and ſmall birdes liuing in wodes and buſhes,creauiſes & fyſhe of ſwete runnyng water, hauing ſcales. Snayles in the ſhelles ſodde with fenel and yſope, is very good. Ye muſt lyue merilie, & playe at ſome paſtime for pleaſure, wythout labouringe. He oughte to abſtayne from laxatiue medicines, bycauſe that it is ſayd. Cum fluor erredit, mors intrat, vita recedit, whiche is contrarye to aſthma, for therin it is good euer to be loſe bellyed.

¶ For the pleureſye.

Hereafter ſhalbe ſpoken of medicynes for diſeaſes of the ribbes. And for plainer knowledge of the ſame, ye ſhal underſtande that ſomtime in the ſkinnes that couer the rybbes, ther gathereth to gether bloud and cholerike humours, which engēdre apoſtemes called pleureſie, & it maye be knowen by iiii. maner of ſignes. Fyrſt the pacient hath a great burnyng feuer. Secondly the ribbes are ſo ſore within, as if thei wer pricked cōtinually with nedilles. Thyrdly, the pacient hath a ſhort breathe. The. iiii. ſigne is a ſtrong cough.

where

wherewyth the ſycke is vexed, and by theſe ſygnes maye ye ſurelye knowe a right pleureſie, that is ī the ſkin vnder the rybbes within the bodye.

But there is an other kynde of pleureſie wythout vpon the rybbes apoſtemed, but in that is nothyng ſo greate daunger nor the feuer is not ſo ſtrōg as is the other afore rehearſed.

Remedye.

The pacient oughte to be let bloud on the liuer veyne, in ỹ contrary arme from ỹ ſyde that is diſeaſed. After the begynnyng of the ſore, tyll the thyrde daye, and after that if the pacyente be not feble, let hym bloud agayne vpō ỹ ſame ſyde, that the ſore is. Moreouer, the pacient ought to laye vpon ỹ ſore ſyde, euery daye an earthen bottel full of warme water, and to annoynte his ribbes with oile of camomyl warme. And he ought to take a glyſter of chickynes brothe, milke, caſſia, oile of violettes, and hony of roſes, yf his bellye be harde. And in ſtede of that gliſter, it is good to take an ounce of caſſia .i. houre before diner, in a lozenge, or deſtempered with a ptiſane, or els wyth water of ſcabiouſe.

An other remedy.

Take of brome floures, of ſcabiouſe and the great thiſtle called cardo benedictus, of euery one a like porciō, meddle them togyther, and let him euerye mornyng and euening, receyue a good draught, and annoynt the ribbes with oile of bromfloures, & it ſhal be good.

An other ſinguler remedye.

Take .iii. ounces of water of our ladye thyſtle, one ſponefull of whyte wyne, and ſixe inner whytes of egges well brayed, myngle all togither, and laye them playſterwyſe vpon the ribbes, as hote as ye maye ſuffre,

An other experte. remedye.

Take .ii. good hãdfulles of horſedong, two racis of ginger in pouder, and thē wrappe wel the donge & the ginger togither in a clene linnen cloth, thē putte them

hem in a newe potte to boyle with .ii
ntes of whyte wyne, vntyl ẏ thyrde parte be conſumed, ⁊ drinke a draught of the ſayde drynke euery mornyng, ⁊ after ye haue dronke the ſaid wine, couer ye aſwel as is poſſible and ſweate.

Regyment for the pleureſy.

The paciẽt ought not to drinke wyne. nor eate fleſhe, but muſte be cõtent to drinke ptiſane, barly water, ⁊ weake drynke, ⁊ to eate barly hulled, ⁊ milke of almons clarified, roſted apples and great raiſins as long as ẏ feuer dothe laſt. And for to helpe hym to ſpit, it is good to vſe often white pilles, diadragagantũ, ſuger candye, and other thinges ſayde in the remedy of the cough.

For diſeaſes in the ribbes whiche is not pleureſie.

There chaunceth often tymes a dyſeaſe in the rybbes, whyche they call a bunch, whych commeth of ventoſitie, wherefore it is good to apply thereto hote thiges, as a toſt of bread very hot ⁊ a litle bagge of otes, ⁊ baye ſalt fried togyther, or of hony whyche is bet-ter. Also it ſhall be good to put ther a ſponeful of hote aſſhes and herbes of horehounde, rue, wormewode, mar-geryn, yſope, bayes, and camomyll

Another remedy for the ſame.

Take the rotes of colewort ⁊ hop-pes of eche an ounce, verueyne, mug-worte, ſage, myntes wormewood, ta-ſey, and motherworte, of eche a hand-ful, put al in a commen ſtyll and diſti them.

Kepe that water to drinke, every morninge .ii. or .iii. ounces, whyle th peyne doth laſte.

Another remedye.

Take the ſayd herbes and rootes, beate thē wyth whyte wyne, ⁊ ſtrein them thorow a linnen clothe, and giu unto the pacient a ſmalle draught .ii. or .iii. houres afore meate.

The fourth Chapiter of the weakenes of the harte.

VEakenesse or feblenes of
harte is cauſed when the
bodye fayleth his vertue
vital, wythout anye eui-
dēt cauſe, or whē the bo-
dye is conſumed, & wax-
ny out of coloure, and that the ope-
ations vitall are weake, wythoute
nſible hurtynge of any other mēbre,
ut the harte. And it maye chaunce of
n apoſteme, for the whyche there is
o maner remedy, for al apoſtemacion
f the harte is mortal. And debilitye
the hart may come of heat acceden-
al, which one may knowe when there
s great heat in the breaſt, & vehemēte
hirſt, & is quēched better in drawing
ld ayre, thē in drynking cold water.

Remedye.

eue hym ỹ hath a feble hert, & redy
faint, ether for feuer or for extreme
eate, the weyght of a frenche crowne
f troſciſke of cāphore, with wyne of
omegranades, & laye vpon his breaſt
warde the lefte ſyde a ſendal or lin-

nen

water of roſes, purcelane, ſuccorye, & ſorelle. Moreouer the paciẽt ought to ſmel thynges colde and ſwete, as dryed roſes, water lilies, violettes and vinegre of roſes.

Alſo it is good to take an infuſion or laxe of rubarbe, or deyned of ſom good phyſicion, after the whyche it ſhall be good, to applye vpon the lefte pappe, a lynnen cloth dipped in plãtaine water, roſes, ſorell, and a lytle vinegre.

For tremblyng of the hart wythout a feuer, a remedye.

The paciente muſte take. ii. drammes of the electuary of diamargariton calidum, and the thyrde part of electuarium de gemmis, then drinke. ii. or. iii ounces of water of bugloſſe & bawme mixt togyther.

An other remedye.

Take maſtyke, lignum aloes, cloues, cinamome, nutmugges, and cubebes of eche a ſcruple, pilles of citrons halfe a dramme, doronici romani, and perles, of ech. xv. graynes, baſile ſeede, ten graynes, amber grece, and muſke, of ech two graines, with cōſerued bugloſſe or colewoortes and ſucket of citrons, of eche halfe an ounce, make an electuarye wyth .iiii. ounces of ſuger diſſolued in white wyne, and bugloſſe water, and vſe of the ſame euery mornyng .ii. drammes, and drynke a lytle good wyne after it.

¶ Another remedy.

Take water of bugloſſe, bawme, and borage, of all three together a pounde, of white wine halfe a pounde, pouder of cinamome, cloues and nutmigges, of eche two drammes, mingle them al wel together, and then heate it a litle, and dippe a linnen cloth in it, or elles a ſcarlet, and laye it to the left pappe.

¶ Another remedye.

Ye muſte make a bagge of ſendalle, of the ſayde ſwete ſpices, or other cordyall pouders and laye it hoote vpon the left pappe.

¶ Another remedye.

Take pomaunders made of lapdamum, lignum aloes, .and citron pilles, maces, cloues, borage floures, ſtorax calamite, amber of grece, and a lytle waxe, and lette the pacient beare that and ſmell it often.

¶ An other medicine.

The mawe of an olde cocke dried and made in powder, is excedyng good to drinke in red wyne, or ſwete wine with a litle ſaffron.

For the ſame.

It is good to drinke euery morning thre ou̅ces of water of bugloſſe, wherin hath bene ſodden cloues. And it is good to drynke in a mornyng .iii. ou̅ces of iuley, made of halfe a pounde of bawme water, and thre ou̅ces of ſuger. The confection of diaiacincthi, is ſinguler and excellent for tremblinge of the hearte, but it is for noble men, not for poore folke.

¶ For ſwownyng.

Swownyng is a takyng awaye of the feelyng and mouing of the body, by weakenes of the heart, thorough to much auoidans of yͤ ſpirites.

¶ Remedye.

In ſomer for ſownyng, ſodainelye ye oughte to caſte into hys face colde water myngled with roſe water or vinegre. And yf ye ſtoppe hys mouthe, and noſe, and bowe hys face vnto hys knees, ſo long as ye ſtoppe your wynd your ſelfe, ye ſhall foorthwith recouer hym. But yf the ſayde ſwownynge come of the mother, ye muſte laye to the noſe all ſtynkyng thynges, and abhominable ſauours, as partriches fethers brente, caſtor, and aſſafetida, or the ſnuffes of candelles. Moreouer ye ought to geue the pacient a litle good wyne, whiche is the chiefe thyng that quicklyeſt reſtoreth hym, as ſayeth Auerrois in his ſeuenth colliget. Afterwarde rubbe hys armes and legges, and bynde them harde, then prouoke hym to neſe, puttynge a litle pouder of longe pepper, euphorbium, or caſtor, into hys noſe. And yf by the ſaide medicines the pacient dothe not amende, this diſeaſe is vncurable. And here ye maye note that yf ſwowning come by great reſoluciō of ſpirites, as after great euacuaciō, other by ſwette, fluxe of bloud, or laxe, ye ought not to caſte cold water on his face, nor to bind his mēbers, for þ ſhoulde do hi hurt, but kepe him in a place withoute mouing, and geue him to drinke a litle good wyne, & nouriſhe him with good light metes, as pullettes, chickins, capons partriches, veale, mutton, & kid. Whereof ye may make him good porrege, colepyſes or reſtoratiues, diſtilled or otherwiſe as ye ſhal thike cōueniēt.

¶ The .v. Chapter of remedies for dyſeaſes of the ſtomake.

The cheſte of the body doth receiue the meate neceſſarye for all the mēbers in the ſtomake whiche is ſituate in the myddes of the bodye for to digeſte the ſame meat into al þ members, to the which chaūceth debilitie, or hīderaūce of appetite, ſometimes by error of þ eater in qualitie or quantitye, & ſometimes by reaſō of the fleume that deſcendeth from the heade like a reume.

¶ Remedye.

Keepe abſtinence, and eate ſoberlye light meates, and drinke good wine, and but litle. Purge the ſtomake, ĩ takynge pylles of ſymple hyera beefore meate. iii. or foure of the ſaid pilles at foure of the clocke in the mornyng. If the repletion be greate, ſleppyng in the nyght he muſte laye hys hande on hys ſtomake, or els laye a litle pillowe of fethers on it, or a bagge of wormwod & margerim. Sometimes ther chaunceth ſuche debilitye, not for reume, or meate or drinke, but by viſcouſe & ſlymy fleume, ĩ the mouth of ẏ ſtomake, which cauſeth to engender aboũdaũce of ventoſitye, and maketh the meat to ſwymme with litle thirſte. And ſometimes with ſour belchinges, and inflations, ſuch debilitye maye not perfectlye bee cured, but for a tyme mended wyth the remedies that folowe.

¶ Remedyes for weakenes of the ſtomake.

Fyrſt ye muſt take pillule ſtomatice ii. or. iii. houres afore meate, more or leſſe accordyng to ỹ quantitye of the fulnes of the ſtomake, & after geue him euery mornyng .ii. houres afore meat, and one houre after ſupper , at euerye tyme a lozenge of a lectuary called diagalãga, or an other called diaciminō which lectuaries do conſume ventoſities, and with theyr cōfortable heat, driue away the colde and the windye complexion of the ſtomake.

¶ For the ſame.

Grene ginger is verye good taken as is ſayd afore of electuaries . And it is holeſome to eate afore your meate, anyſe ſedes and fenel, and when ye begin to eate , take a toſt dipped in ſodden wine, or good malueſye withoute drinking of the ſame wine, except it be a verye lytle after meate.

An other.

Take maſtike and lapdanum, of eue-tye one an ounce, mintes, and wormewood poudred, of eche a dramme, turbentine, as muche as ſhall nede to encorporate them together, make a plaiſter and ſpred it vpon lether, and laye it to the ſtomake. In ſtede of the ſayde plaiſter, it is good to annointe the ſtomake with oile of ſpikenard, and maſtike, or to laye on it hoote breade ſteped in good wyne, on the which bread ſtrowe pouder of cloues & nutmigges.

Sometimes ſuche debilitye of ſtomake cōmeth of hote cauſes, & thē it is knowen by the litle appetite to meat, and great thyrſt, and heade ache before meate, and after, it commeth ſtinkyng belchyng, whereof ſometime foloweth vomiting, and is holpen on this wiſe.

Remedye.

In ſuche debilitye if ther be great quantitie of ſpittle, and muche deſyre to vomite, it is good to take .x. drammes of hiera picra, with the decoction of cicers, or with two or thre oūces of water of wormewood, and after your meat vſe coriander ſeed prepared, and beware ye drinke not thereafter , nor ſlepe in the day time,

To the ſame.

Mirabolanes condite are very good for the ſame purpoſe, to be geuen once in the weke , at four of the clocke i the morning, half an ounce, or a hole oũce euerye tyme, and take awaye the ſtone that is within. If in the ſaide debilitie of ſtomake of hote cauſe, there be not aboundaunce of ſpittle, but drineſſe of mouth, with thirſt and vomiting, ſtinking & fumiſhe, it is good to take euery mornyng ſyrupe of ſorell , ſyrupe of roſes, or ſirupe of quinces with endiue and ſuccorrye water , or water ſodden and cooled again, and then drinke hiera picra, as afore is ſaid, or take a purgacion as is declared in the payne of the head, comming of cholere. It is to be noted, that for ſuch debilitie of the ſtomake, ye maie not weare any cerote plaiſter, nor bagge, wherin is hote medicines leſt ye ſhould augmẽte ỹ cauſe, but it is conueniente to annoynte the ſtomake with colde oyles, as be oyles of roſes, and quinces, and yf ye wyll haue a plaiſter, make it of redde roſes and ſaunders.

For abhorryng of meate.

SOmetime there chaunceth in the ſtomake, a dyſeaſe called faſtidium, or abhorrynge of meate, wherby the perſone agaynſt his wyl taketh in hate and abhominacion all maner of meates, that is offered vnto him: likewiſe as a hole man taketh pleaſure and delite in hys meat. The cauſe of this diſeaſe, is repleciō of cholericke humors or phlegmatike, groſſe and viſcouſe, whiche are in the ſtomake, & the paciēt hath great thriſte, a drye tonge, the mouth bitter, & ſometime doth vomit yelow cholere

Remedye.

Ye muſte purge the cholere as hath bene ſaide afore, and yf the veines bee great and ful of bloud, ye ought to let him bloud on the right arme, & on that veine which appeareth moſte : and to quicken the appetite it is good to geue him to eate or drinke, ſuche as the pacient demaūdeth, although it bee not alwayes of the beſte, And alſo it is good to geue him ẏ iuice of pomegranades.

¶ For belchyng.

Belchyng is a vẽtoſitye inflatiue expulſed oute of the ſtomake to the mouth, and commeth by feblenes, and litle heat of the ſtomake, which engendreth winde, wherefore it ſignifieth a colde complexion, whiche is cauſe of ſuche ventoſitie after meate. And for this diſeaſe ye ſhall do as foloweth.

¶ Remedy for windineſſe of the ſtomake.

Abſtaine from al fruites, and rawe herbes, peaſe, beanes, garlike, onions, leekes, cheſnuttes, courſe meates, great repaſte, and ſlepe on the daye. Ye ought to take faſtinge, comfites made of aneys, fenel, cummine, and carreway ſeedes, or els pouder of the ſayde thynges myxte wyth ſuger. Alſo it is good to take in a morning two houres before meat, a lozenge of aromaticum roſatum, & if ye haue an aking ſtomak and cold, it is good to take euery morning a lozenge of dianiſi, or diaciminũ or ſome other cõfortable lozenge, & to drinke after it a ſponful of good wine.

¶ Another remedy.

Ye maye take a litle galingale, with a litle wine, or pouder of cumine with ſome good wyne.

¶ Another remedye.

Drinke euery morning faſtyng, two ũces of wine wherin hath bene ſodden baye beries, anyſe, & carraway ſedes, of eche a litle. And if ye put to it a litle pure frankenſence, it would be ye better. And withoute, it is good to laye a bagge full of camomyl floures, rue, wormewood, and maiorim made in pouder, or for to annoynte the ſtomake with oyle of wormewoode, rue, ſpikenard, or bayes.

Sometimes ſuche belching and beſitie cõmeth before meate, and it is cauſed

caused of fleume viſcouſe, or watriſh, that is in the ſtomake.

Remedye.

Ye muſt purge the fleume with pillule cochie, or electuariū of diacartamy as hath bene ſaid in the remedy of peine of the heed cauſed of fleume. And ere ye geue the purgacion, ye ought .iii. or .iiii. mornynges two houres afore meate, to take two litle ſponefulles of ſirupe of wormewood or of myntes. After the which purgacion, it is good to annointe the ſtomake with oyle of maſtike, nardine, wormewod or lilies & for to weare vpon the ſtomake a cerote beyng made lyke a plaſter, which ye may bye at the Apotecaris, called cerotum Galeni, or a bagge made of maiorum, and camomil floures, & take euery mornyng a lozenge of the electuary aboue named, or of diagalanga.

Item ye ſhal note, that yf the perſō can not take a purgaciō, to auoyd ſufficiently the fulnes of the ſtomake, which hyndreth the digeſtion of meat, he muſte take a gliſter, and afterwarde pilles of elephangine, or of hiera ſimplicis, before diner or ſupper. Moreouer, yf before dynner ye fele an heuines in the ſtomake, ye oughte to take one of the ſayde pilles, halfe an houre before meate.

For the hicket.

Hicket or yeaſkyng, is an euill mouing of the vertue expulſiue of the ſtomake prouoked by the vertue ſeſible, to expulſe that that dothe anoye. The ſaid hicket doth ſometimes happen by reaſon of emtines, by debilitie of the ſtomake after lõg ſickenes, or by fluxe of blud or laxe, or by ſome other ſtrãge euacuacion, which is very perillous & oftentymes mortall. Therefore it is good to geue reſtoratiues to the pacient, and to geue hym ſoft egges, almõ mylke, hulled barlye, culleyes of capons, or other thinges of good norishmente, and of eaſye digeſtion.

Alſo ye ought to ſtoppe the laxe, & to make the pacient to ſlepe long and annoynte the ſtomake with oyle of ſwete almons. Sometimes hicket procedeth of repletiō of matter humorous, or of drinke and meat which engēder groſſe ventoſitie, & not very eaſy to conſume. If ẏ ſtomak be ouercharged with meates, kepe a lōg abſtinēce til digeſtiō be done, or els vomit and annoint thi ſtomake with oile of dil, maſtike, wormwood & caſtor. If humors conteined in ẏ ſtomak be cauſe of ẏ ſaid hicket, take an ounce of hierapicra with water of wormwod or els pilles āte cibū. 3. or 4 houres before meat, & eueri mornig folowig ẏ operaciō of ẏ ſaid hierapicra, take a lozenge of dianiſi or diaciminū. or els a few aniſe ſedes & carawaies.

¶ Regiment for al maner hicket.

It is good to kepe longe and often hys breath, to neſe, to trauayle muche, to endure greate thyrſte and alſo to ſleape longe. And it is good to caſte cold water in the face of him that hath the hicket, and to threaten him, and ſo put him in feare , and to anger hym, oꝛ els to pꝛouoke hym to heauyneſſe, foꝛ by theſe thinges the naturall heat is reuoked and foꝛtified within , and cauſeth the hicket to ceaſe.

Foꝛ vomityng.

Vomiting commeth ſometimes without great violence , & thereby one getteth health, wherfoꝛe ye nede not geue him any remedy, foꝛ it is a good acciõ of the naturall vertue of the ſtomake. Sometime vometinge commeth by a great violẽt mowinge of the vertue expulſiue of the ſtomake , foꝛ the euyll thynges conteined in the ſame.

¶ Remedye.

One maye well helpe a man to vomite, geuyng hym warme water with a litle oyle to dꝛinke, oꝛ els to put the finger in his mouth very lowe, oꝛ a fether wette in oile, the better to vomit and mundifye the ſtomake, yf ſo be the perſone haue a wide thꝛote , and that vomityng do not hurte him muche, as be they that haue but ſmal and ſtrayte

thꝛotes

throtes, and long neckes and leane, & he that hath an euyl ſyght, for al theſe it is euyll to vomite,

Sometymes vometing commeth by weakenes of the ſtomake, cauſed of a hote and euil complexion, ye ſhal heale it after this maner.

Remedy.

Take ſirupe of roſes, quynces, myrtylles, wyth water ſodden, and colde againe, or elſes water of purcelane for to refreſhe and quench the thirſt that chaunceth commonly in ſuche a caſe. And it is good to anoynt the ſtomake before dynner & ſupper, with an ointment made of oyle of roſes, and quinces, wyth iuce of myntes, and a lytle waxe, or eis to make a plaiſtre of mintes, roſes, wormewood, & oile of roſes and laye it to the ſtomake

An other.

Take frankenſence, maſtike, of eche halfan ounce made i pouder, and megle them togyther, with the whyte of an egge, and a lytle barlye floure, then ſprede it on a lytle towe, and laye it to the mouth of the ſtomake. At ẏ latter ende of diner, it is good to take a morſell of marmalade wythout drynke.

Somtyme vometyng procedeth of euil & colde complexion of ẏ ſtomake.

¶ Remedye.

Anoint the ſtomake with oyle of ſpike narde & maſtike, or els make an ointmente of the ſayde oyles, wyth a lytle maſtyke, corall, and waxe, and anoynt the ſtomake mornyng and euenynge.

¶ An other medicine.

Make a bagge of wormewood, maioryn, and drye myntes, of eche a litle handful, cloues, galingale, and nutmeges, of eche halfe a dramme, the ſayde thynges powdred, and put betwyxt .ii. linen clothes with cotten enterbaſted and applied vpon the ſtomake, are of wonderful operacion. In ſtede of this ye maye take the ſayd herbes dried on an hote tileſtone, and put them in two linnen cloutes vpon the ſtomake.

¶ An other maner.

Ye maye take a toſte of breed ⁊ ſtepe it in the iuce of myntes, and caſt vpon it pouder of maſtyke, then lay it vpon the ſtomacke, and from thre houres to thre houres let it be renewed,

Otherwyſe.

Take two handfulles of myntes, an a handfull of roſes ſodde in wyne, tha take two ounces of toſted breed, and moyſte it in wyne, and incorporate it wyth pouder of maſtike, and the ſayde roſes ⁊ myntes, and make a playſter wherof one parte muſt be layed to the ſtomake when the pacient would eate any meate. The ſayde playſter is alſo good in all hote cauſes, yf for the ſaid wyne, ye ſeeth the myntes and roſes, and ſtepe the toſte in vinegre.

¶ To comforte the ſtomake after vomytynge.

It is good to gyue vnto the pacient euery mornynge an ounce of ſirupe of wormewood, or myntes, in ſteade of whych it is cōuenient to take a lozēge of aromaticū roſatum, or diagalanga.

For the ſame.

Take euening and mornyng .iii. houres before meate .ii. cloues in pouder, with a ſponefull of the iuce of mintes, or halfe a ſponefull of rue, dryed, with a lytle wyne,

Alſo it is good to take poudre of cloues, and lignum aloes the weyght of a crowne, wyth wyne .ii. houres before meate.

A glyſtre for the ſame.

And here ye muſte note, that in all vomiting, yf the pacient be harde bellied, it is good to take a lexitiue gliſtre made of the decoccion of marche mallowes, mallowes, violettes, and, barly wyth oile of violettes, honie of roſes, and a litle caſſia. And yf the vomiting come of coldnes of the ſtomake, or of cold water cõteined in it, adde vnto yͤ ſaide gliſter, wormwood, yſope, rue, & cammomylle in the ſethyng. And for oile of violettes, take oile of camomill or of lylyes, and geue the pacient a pil of maſtyke before meate. And ye ſhall vnderſtande, that myrtes brayed, and myngled wyth oyle of roſes, and applyed vpon the ſtomake, is verie good for all vomiting.

¶ For peyne of the ſtomake.

Ache or peyne of the ſtomake commeth ſomtymes of wynde, & it is called dolour extenſiue, the which is holpen with applyīg therto a ſponge wet ī wine, wherin hath ben ſoddē wormwood, rue and camomyll.

Alſo ye maye helpe it as hath ben ſaid in the remedy of hycket or yeaſkynge, and as ſhalbe ſayd hereafter in the remedy for all peynes of the ſtomake.

Somtymes the ſayde payne commeth of repletiō of humours, and it is called dolor aggrauatiuus. Whyche ought to be cured by purgacion, in giuing of caſſia newly drawen out, hiera picra, or pylles ſtomaticas, or of hiera ſimple, takyng ſome ſyrupe before the purgaciō, as is ſhewed in the remedy of debilitie of ſtomake.

Somtymes payne of the ſtomake cōmeth of cholere, or ſalte ſteume verye ſharpe, and yͤ pacient hath bytter taſte or ſalt with great thirſt, and he fealeth heate and mordycatiō. Wherfore it is good to drynke ſirupe of roſes, or occi ſaccarū ſimple with ſoddē water and coled. In ſtede whereof ye maye take endiue water, ſuccory and purcelane with one part of wormwood water, & then take an euacuatyue that purgeth cholere, as is ſayd in the remedies for peyne of the head cōmyng of cholere, or let the pacient vomite, in geuing a ſharpe ſyrupe of ſorelle, wyth warme water, thā put his finger in his mouth ſo that he maye vomyt.

Sicke folkes often diſeaſed in the ſtomake, demaunde nothing elles, but to take awaye the peyne, not regardinge yͤ time while the matter may be purged by vomitīg, gliſter or other laxes.

Alſo there caunceth ſometyme ſo greate payne & ſharpe, that for debilytie of vertu it is good to leaue yͤ cauſe and ſticke to the ſwaging of the paine.

wherefore it behoueth to procede in maner folowyng.

¶ Remedye for all paynes of the ſtomake.

THe camomil, melilote, wormwoode, mallowes with theyr rootes, leaues of bayes, parietary and peyrypalle, of eche a handful, lincſeed a pounde, fenugreke halfe a pound, anees, and fenel ſeed, of eche halfe an ounce.

The ſayde thynges bruſed and well ſodden in water, wet therin ſponges, and the licour wel preſſed out, and applied vnto ẏ ſtomake, one after an other, and warmyng them againe, whē they begynne to cole, ſwage all maner paynes of ẏ ſtomacke, And afterward ye muſt anoint the ſtomake with oyle of dylle and camomylle.

¶ An other remedye.

Take an hogges bladder, and fyl it of the ſayde decoction, and lappe it in a linnen cloth, and lay it to the ſtomake and warme it agayne when it is cold.

But after ye haue made dyuerſe ſuche applicacions. Ye muſte annoynte the ſtomake wyth the oyle aforeſayde. Yf the payne be remouing from place to place, it ſignifieth it commeth of ventoſiti. Therfore lay vnto it a bagfull of meale, ſalte, and commin dried togyther.

¶ An other remedye.

Take a ſponeful of hote aſſhes, dewe them wyth good wyne, and couer thē wyth a linnen cloth: that it goe round aboute the ſpoone, and laye it to the ſtomake.

¶ An other remedye.

Take a ſheue of breed metely thycke, toſte it, and wete it in hote oyle of camomyl, as hote as it commeth from ỷ ouen, or in oyle of ſpyke, and wrappe it in a linnen, and lay it vpon ỷ paine.

¶ An other remedye.

Put a great boxyng glaſſe vpon the nauyll, and let it be there .i. houre.

¶ An other remedye for payne of the ſtomake.

Take two drammes of diaciminon, of dianiſi, of diagalanga, & drynke it with a litle good wyne, an houre or .ii. before meat. To drinke two oūces of malueſye, with a litle of one of yͤ ſayd electuaries, is very good for ſuch paines as procede of coldneſſe or ventoſite

¶ An other remedye.

Take, a drāme of galingale in pouder, and giue it to drinke with a litle hote wyne, and aboue al thynges for paine of ventoſitie, a ſinguler remedye is to drinke a litle Caſtor, with good wine.

¶ An other.

Lykewiſe to drynke two houres before meate thre or foure ounces of the decoction of mītes, anneis ſeedes, comyne and fyne frankenſence.

Alſo it is good to drynke an electuarye called aromaticum, whereof ye maye receiue one lozenge euery mornyng faſtyng.

¶ An other ſpeciall medicyne.

Take halfe an ounce of iuce of mintes,

es, & two drãmes of ẏ iuice of worm-woode, lignum aloes, and cloues and xilo balſamum, of eche in poudre half a ſcruple, all myxt togyther, & dronke warme .ii. or thre houres before meat, are excedyng profytable.

¶ The ſyxt Chapter, of remedyes for diſeaſes, of the liuer.

THe liuer is one of ẏ principall mẽbres & chefe inſtrumente of generacion of blood & of other mẽbres, it lyeth on the ryght ſyde vnder the ſhort rybbes, ẏ whyche is ordeined to digeſt the meate the ſecõd tyme, and thereof to make humours that nouryſſheth al ẏ membres of mãnes body, by his natural heat, cõforted by heat of the hert. But ſomtymes it is greued by blood in to much aboundaũce, or by cholerik humours, which cauſe to greate heate, or els by fleume that doth diminyſh the ſame.

A remedie for an hote lyuer.

If the lyuer be to hote, bycauſe of to moch blood, the perſon hath red vrine, haſty pulſe, his veines great & ful, and he feleth his ſpattle, mouth and tonge ſweter then it was wont to be, wherfore it is good to be let blood of the liuer veine on the right arme, and to vſe letuſe, ſorelle, purcelane, & hoppes in pottage, and ſometymes to drynke of ỹ waters of the ſaid herbes faſting, or els endiue water to refreſhe ỹ liuer.

Regiment for diſeaſe of the liuer comming of blood.

YE muſte abſtaine frō drinkyng wine, and eatynge of fleſh, and yf at meat or drik ye muſte otherwyſe, ỹ wine ought to be watred, and the fleſhe boiled with lettuſe and ſorel. It is better to drinke ptyſan, or ſtale cydre, & eate brothe of peaſon, almon mylke, hulled barlye, or roſted apples, and damaſke prunes.

prunes, whiles yͤ heat be diminyſhed. And ye ought euery daye to prouoke the duty of yͤ womb, either by meanes of ſuppoſitorie, or els other wyſe.

Yf the liuer be ouer hote by cholere. the pacient hath hys vryne cleare and yelowe, wythout meaſure, great thirſt wythout appetyte, & feleth great burnyng in hys bodye, and cōmonly hath his bellye bounde, and hath the face yelowe.

This diſeaſe of the liuer chaunceth mooſte in ſomer, & for it ye muſte take twyſe a daie an ounce of ſyrupe of endiue, or violettes, with a good draught of ptiſane, drynke it two or thre houres before meate, and alſo at nyght to bedwarde, and ſo continue thre or foure dayes.

In ſtede of the ſayd ſyrupes ye may take thre oūces of ptiſane, or thre oūces of water of endiue, cicorye and ſorell meddled togyther, for eche tyme. Then the fyfth daye in the morninge early, it is good to drynke a purgaciō that pourgeth cholere, whiche ſhal be made as foloweth.

An excellente purgacion for to auoyde cholere, and may be gyuen to men of al ages.

TAke half an oūce of caſſia newly drawen, a drāme of good rubarbe infuſed a night in water of endiue wyth a lytle ſpikenard, and an ounce of ſyrupe of violettes, mixe all the ſayd thynges with thre ounces of ptiſane or whaye, and drynke it warme as afore is ſaid in the other.

Boles for the ſame.

In ſtede of the ſaid medicine (which is to coſtlye for poore folkes) ye maye make boles of halfe an ounce of caſſia, and thre drammes of electuarium de ſucco roſarum, and eate them thre houres after mydnyght, and ſlepe after it, but al the day ye muſt kepe ỹ chāber, & yf ye had rather drynke it thā eate it, imixt the ſaid boles with whay, or endiue water, & drike it at v. of the clock in ỹ mornyng, but ſleape not after it.

Other

Other medicines laxatyue.

Take halfe an ounce of diaprunis laxatyue, mixt with .iii. ounces of decoctiō of french prunes, water of ſuccorie, and drinke it warme at fiue of yͤ clocke in the mornyng, or els ſixe houres afore meate. In ſteade of the ſayde diaprunis, ye maye take halfe an oūce of electuarium de ſucco roſarum, and make a laxe as afore is ſayde.

And it is to be noted, yf the pacyente be very weake or eaſye to worke vpō, ye maye take away a drāme both of yͤ diaprunis, & alſo of ſucco roſarū. After the ſayd purgaciō, it is good to refreſh the liuer with laying to without on the right ſide, vnder the nether ribbes, a playſter of cerotum ſcandalinū, ſpred vpon a linnen clothe of the bygneſſe of .iiii. fyngers, or bath the ſayde place with a lynnen cloth wet ī water of endyue, plantayne and roſes, warmed togyther. Moreouer it is good to take euery mornyng before meat, a lozenge of triſandaly, and to drinke after it endiue water.iii ounces.

Regiment for heate in the liuer.

The pacient muſt abſtayne frō fleſh & ſalt fiſh, ſtrong wyne, garlike, onyons, muſtarde, and ſuch other hote meates. It is good to vſe broth of peaſe and veriuce, lettuce, popie, ſpinage, and borage, and ſometyme a litle vinegre yf he be not greued in the ſtomacke.

This regiment is good alſo in tyme of peſtilence, and of to great heate.

A Iulep for the heate of the liuer.

Take halfe a.li.of roſewater, one quarter of water of endiue, and v.ounces of ſugre, make a iulep, of which ye ſhal drynke faſting a good draught. And yf ye wyl nedes drynke for thyrſt betwene meales, let it be myngled wyth.ii.partes of water of the well. And yf ye wyll haue it more colynge, adde vnto it two ounces of vinegre or the iuce of a pomegranade.

If the lyuer be colde, for the phlegmatyks matike matter that is in it, the perſon hath his water white, ⁊ out of colour, the face pale, and his mouth watry, little bloode, and feleth heuyneſſe about hys lyuer.

¶ Remedye.

He oughte to drynke in the mornynge earlye.iii.or.iiii.times a ſirupe called oximell diureticum, wyth the decoctiō of ſmalache and perſelye, or with waters of ſmalache, and fenell, and after he muſt take to purg the fleume a medicine made as foloweth. Take ſyxe drammes of diaſinicon, if the perſō be ſtrōg, or halfe an ounce if he be weake, and diſtemper it in.iiii.ounces of the decoccion of the rootes of ſmalache, percely, fenell, ⁊ drinke it luke warme v.or.vi.houres afore meate.

In ſteade of the ſayde medicine one maye gyue.ii. drammes of agaryke in troſciſkes. wyth water of ſmalache, or els good fenel.

An other medicine laxatiue.

Take halfe an ounce of diacarthami,

or halfe an oūce of diaprunis laxatiue or aſmuche of electuarium dulce, with thre oūces of percely water, ſmallach yſope, or fenell, take it fyue houres afore meate.

Regiment.

The pacient muſt drinke good wyne, and vſe ginger, cinamome, graynes of paradyſe, anyſe and fenelle, and hote herbes in pottage, as ſage, yſope, time maiorym, and auoide all rawe frutes, and alſo rawe herbes.

Moreouer it is verye good to make a playſter of ſmallache, wormewoode, ſpikenarde in pouder, with oile of dil myngle it, and laye it vpon the lyuer.

Agaynſt ſtoppyng of the lyuer called oppilacion.

Opilation or ſtopping commeth ſometyme in the holowneſſe of the lyuer, and it is knowē by cōpaſſion and payne of the ſtomake, and is healed by medicines laxatiue, as it is declared before.

And ſometyme the oppilacion is in

the veines of the holowe parte of the lyuer, and is perceiued thẽ by yͤ griefe which the pacient feleth in his backe, and in his reines. And it is healed by thynges that opẽ, as by ſirupes of the three rootes, ſirupes of biſantius, ſyrupes of maydenheere, and by drynking yͤ decoction of rayſins, fenel, percely, ſmallache, cicory, or waters ſtilled of the ſame herbes. Alſo rootes of aliſaunder is good for the ſame. &c.

Sometimes the ſaid oppilacion commeth of groſſe bloude, earthy, and melancholike, whiche the membres ſend vnto the liuer, and beecauſe that ſuche engendred bloud can haue no iſſue, nor hath any way to departe to any other mẽbers, therfore be yͤ veines of the liuer ſtopped by by the groſſenes of the ſaide bloude. And it is knowen by the water, yͭ is very hie coloured, ⁊ cleare.

¶ Remedie.

Geue the paciẽt medicines that perce, ⁊ ſubtile, as is wine of pomegranates, ſyrupe of endiue, wyth the decoctiõ of ulcers. ¶ Thē let him bloud on the liuer veine, and euery mornyng eat a lozenge of triaſandaly. Sometime ẏ ſaid oppilacion cōmeth of aboundaūce of ſome humoure viſcouſe, cold and flegmatike, ſtoppyng the veines of the liuer, and thē ẏ vrine is as clere, as clere water.

Remedy.

¶ The pacient muſt drynke euery mornyng the ſirupe of oximel ſquillitike, with half a draught or more of the decoctyon of rootes of ſmallache, fenel & percely. Sometimes vnto women cōmeth oppilacions of ẏ lyuer, by reteynyng of their purgaciōs. Wherfore it is good to let them bloud on the veine called ſaphena, whiche is aboue on the vpper ſyde of the inſteppe.

And let them take after the chaunge of the mone, ſeuen or eigh mornynges an opiate called Trifera magna: euery tyme an ounce. And after drynke thre ounces of waters of mugwort, hyſope and fenell, or the decoction of theſe herbes, or elles the rootes aperityue,

whiche

which be ſmallache, percely, fenel, aliſaunder and aſperage, boyled in water wyth the thirde parte of odoriferous whyte wyne.

¶ Medicines for the lyuer that may be eaſely had at al tymes.

Take a good handeful of liuerworte that groweth vpon the ſtones, and an other of fumetorye, wyth as muche of harteſtonge, and ſeeth them in whaye clarefyed, and drinke them euery daye twyſe.

The liuer of an hare dried and made in poulder, is good for all diſeaſes of ẏ liuer, as affirmeth Auicenne and other of the Arabians.

Alſo for heate in the liuer ſeeth barberies in whey, and drinke them.

¶ The .vij chapter, againſte the dyſeaſes of the gall.

The gal is placed in the holowneſſe of the lyuer, to receyue the ſuperfluitye of cholere, and to ſende it to the bowels to be auoided with the groſſer excrementes.

to thintente to clenſe the bloud of the ſaide cholere.

To the which there commeth oftentymes oppilacions in the parties about by the liuer, or beneth in it ſelfe next the bowels, cauſyng great paine, by reaſon wherof the cholere turneth agayn vnto the lyuer, and there is megled with ẏ bloud, and ſpred abrod into all the veines of the body, and bredeth a dyſeaſe named iaundis (ictericia in latin) wherof be thre kyndes, ẏ is to ſaye, yelowe iaundis that procedeth of cholere called citrine or yelow, grene iaũdis which procedeth of grene cholere, and blacke iaundis that proceth of blacke choler, whiche is called melancholy, and commonly commeth of the oppilacion of the ſplene.

Remedye for iaundis.

Yf the iaundis happen in an ague, before the ſeuenth daye, the pacient is in great daunger of his lyfe, as Hipocrates ſayth. But yf it appeare in the ſixth daye, being a day iudicial or cre-

tike

ſtate of the ague, oꝛ after, it is a verye good ſygne.

And then ye muſt ſuccoure nature, in refreſhyng and digeſting the choler, with ſirupe of violettes, geuen in the moꝛning wyth water of moꝛel, oꝛ ſyrupe of endiue, with water of cicoꝛye.

After this purge the cholere as is ſayd in remedies of the liuer. And thā geue him a lozenge of triaſādali, with reubarbe, euerye moꝛning two houres befoꝛe meat, and dꝛinke a litle waters of endiue, and cicoꝛye, afoꝛe the ſayde lozenge.

Moꝛeuer, it is good to bathe the liuer as it is ſaide afoꝛe, and waſhe the pacientes eyes with vinegre, and womans mylke, & dꝛinke a ptiſane made of barly, liquirice, pꝛunes, and ŷ rootes of fenel. And yf (when the feuer is paſte) the iaundis tarieth ſtyll, the paciente muſt dꝛynke water of fenel, and moꝛelle, with the ſyꝛupe of occiſaccarum compoſt, and it is good to laye a quicke tenche vpon the liuer.

Jaundis ſometime commeth without feuer, and maye bee healed by the thinges that I declared here before, or thus.

¶ An other Remedie for the Jaundis.

Take foure ounces of radiſche, and geue it the ſicke to drynke fyue mornynges .iii. houres afore meat. In ſtede wherof it is good to drinke eueri mornyng foure ounces of the decoction of horehounde, made in white wine, or as muche of the decoction of celidonie and barberies, with a litle honye and ſaffron.

An other remedy.

Take wormes of the earth called angle twitches, and waſhe them in white wine, then drye them and drinke them a ſponful at a time, with white wine.

An other.

Ye maye let hym drynke .vii. or viii. dayes together in the mornynges, a good draught of the decoccion of politrichon, or of maydenheare. The decoction alſo of woodbynd, or yͤ water of it diſtilled in a commune ſtyll, is a ſoueraine medicine for yͤ ſaide diſeaſe.

An other ſynguler remedye.

Take cowes milke and whyte wine of eche a pinte, and diſtil them in a ſtil. kepe that water a monethe, and then geue it to the paciente thre ounses in the morning two houres afore meate, and lykewyſe after ſupper, when he goeth to bedde.

The eyght Chapter, for diſeaſes of the ſplene.

The ſplene is a mẽber lõg, ſoft, and ſpongy, being in the left ſide ioyned vnto the holowneſſe of the ſtomake, and to the thycke endes of the ribbes, & to yͤ backe, yͤ which is ordeined for to receiue the melancholy humours, and to clenſe the bloud of the ſame, for by yͤ meane yͤ bloud remaineth pure & nette. Wherfore it is good nouriſhyng for al the membres, and is yͤ cauſe that maketh a bodye merye, but oftentymes there happeneth oppilaciõ or debilitie wherof commeth the blacke iaundys.

And ſometymes it is greater, fuller, or groſſer then it ought to be, by ouermuch melancholie that is not natural, cauſed of the dregges of the bloud engendred in the liuer, & doth hindre generacion of good bloud, wherthrough the members become drye for defaute of good nouriſhyng. And therfore the pacient is called ſplenetike, whiche ye maye knowe by that, that after meate they haue payne in theyr left ſyde, and are alwayes heauy, and hath theyr faces ſomwhat enclining vnto blaknes.

¶ Remedye.

In oppilacions and apoſtemes of the ſplene, whether it be of hote humours or of colde, he ought to be let bloud on yͤ ſplene veine called ſaluatella, which is in thee left hande, betwene the litle finger, and the next fynger which they call medicus. And ye muſte drawe out but a litle bloude.

And if the pacient fele a burning on the left ſyde, and hath a drye tonge without appetite, it ſignifieth that ſuche diſeaſe of the ſplene, is cauſed of an hote humoure. Wherefore ye muſt geue the pacient four or .v. morninges faſtinge, ſyrupe of endiue water, and harteſtong, then a purgacion made as foloweth, this.

¶ A goodlye purgacion to auoyde melancholy.

Take halfe an ounce of ſuccoroſarū and thre ounces of the decoctiō of the rootes of capparus, and harteſtonge, & make a drinke the whiche ye may myniſter in a good daye to take purgacyons, ſyxe houres afore meate.

An other.

In ſtede of that drynke ye may temper halfe an ounce of caſſia, and three drammes of diaſeny, in thre ounces of whey, or harteſtong water, and drynke it as is aforeſaide. After the ſayd purgacion, ye ought to annoynt the ſplene with oyle of violettes, or oyle of lynes seed, or to make a playster of the ſayde oyle and lineſeede , and the rootes of capparis, and laye vpon the ſplene.

Alſo after the ſaide purgacion, it ſhall be good to laye vpon the ſplene, nyghtſhade, purcelane ſeade, and pouder of plantaine, myxte with vineger lyke a plaiſter, and if the pacient haue more appetite then he can digeſte, and that he haue belchinges of the ſtomak ſometimes ſowre in the mouth, it ſignifieth y the paſſion ſplenetike commeth by a colde humor melancholike.

¶ Remedie.

Ye muſt drinke ſirupe of ſticados, or harteſtong, or oximel diureticum, with water of the decoction of harteſtonge, epithime, ſmallache rootes, percelye rotes, tameriſcus, and myntes, or els only with the decoction of harteſtong, and rootes of cappars. And then after purge it frō ſuche melancholy humor, with an ounce of diacatholicon, & two drammes of diaſene, diſſolued in thre

ounces of

vnces of the ſayd decoction, or water of wormewood, or harteſtonge.

And after this ye muſt annoynte the ſyde of the ſplene, with oyle of lilies, oyle of dyll, freſhe butter, marye of an oxe, and hennes grece, or of a dogge, medled together, or annoynt the ſayde ſyde with dialthea.

And the paciẽt ought to drinke whyte wine, and the decoction of harteſtong, euening and morninge, takynge twoo fygges, with pouder of yſope, pepper n ginger, but he may put no water in his wyne, and oftentimes he muſt eat capars, with a litle oyle and vineger.

If for the oppilacions of the ſplene, the paciẽt hath a pale colour, or leady in the face, and a whitenes of eies, takyng awaye of appetite, payne in the left ſyde with hardneſſe, and hathe his excrementes blacke, it is a ſigne of the blacke iaundys,

An expert medicine for all diſeaſes of the ſplene.

Take the leaues and coddes of fenuthe barke of an aſhe tre ſkraped & cut, maydenheere, hartſtong and liquirice, ſeth them all in clere whaye, and after they be ſtrayned, drynke of it twyſe or thriſe a daye tyl ye be amended.

¶ Remedye for the blacke iaundis.

Ye muſt geue ſirupes and purgacions as afore is ſayd, and to be let bloud of the veine ſaluatella, and afterwarde dyuers tymes euening and mornyng, to applie vētoſes vpon the ſplene without ſcaryfyinge. Afterwarde ye muſte lay on it a lyſt, wette in good veniger, and kepe it there ſo longe as the heate remaineth in the ſayd liſte, and warme it thre or foure times.

Afterward annoynt the ſplene with dialthea, & ſo continue fower or fyue dayes, and other foure or fyue dayes laye vpon it a playſter made of twoo ounces of gumme armoniake, dyſſolued in veniger, and ſpred vpon lether.

And yf by the foreſayde thynges the paciente bee not eaſed, the doctours of phiſicke ſaye, that he muſte receiue the medicines agayne, at the leaſt once in euery moneth, for half a yere togither.

¶ Regiment for all oppilations.

The pacient oughte to vſe thynges of eaſye digeſtion, and in ſmal quantyty, and ought to abſteine from breade to litle leuened, cakes, tartes paſties, pies, hogges fleſhe, beafe, and poudred meates, and fumiſhe. Fiſhe, limmons, peaſon, beanes milke, cheſe, ryſe, and firmentie, all fryed meates, drinke after ſupper, wyne and apples, whiche with al other lyke trouble the bodye. Alſo ye muſt abſteine from much mouyng or exerciſe by and by after meat.

It is good to vſe capars, aſparage, hoppes, brothe of dryed peaſon, wyth perſelye, or his rootes, ſmal byrdes of the fielde, kyddes fleſhe, yong mutton lambe, chickins, feyſauntes, ſnytes, partriches, ſcaled fyſhe, of ſwete runnyng water, with percelye, and vynegre. Newe layd egges potched in water,

ter, are very holſome, & ye may drynke white wine oꝛ claret, onely at meales.

Alſo it is good to vſe creſſes, ſage, iſope, myntes, fenell, and percelye, ſuccoꝛry, ſcariole, and beetes, and ſingulerly, to take faſtyng halfe a ſponefull of redde colewoꝛtes ſodden, and to eat often anyſe ſeedes, and fenel.

The nynth Chapter, foꝛ diſeaſes of the bowelles.

In a perſō be ſixe guttes, three ſmall, whiche are ſituate ouer yͤ nauil, and three greate, whiche are placed vnder the nauil.

The fyꝛſt is called dudenum, becauſe it is. xii. inches long.

The ſeconde is called ieiunum, foꝛ that nothyng remaineth in it.

The thyꝛde is called ylis, becauſe it is longe and ſmall.

The fourth which is the fyꝛſt of the greate ones, is called monoculus, becauſe it is like a ſacke, & hathe but one mouth & in that ſame ſometymes are

woꝛmes

wormes engendred of ventoſitye, that cauſeth peyne of the belly on the right ſyde, whiche is not the very collicke. The .v. they cal colon, becauſe it hath many holowe places, and it procedeth from the right ſyde vnder the lyuer, & it maketh his reſolucion vnto the left ſyde, wherein is engendred the colyke whiche is deſperſed by all the bellye more then any other dyſeaſe.

The .vi. is called rectum, becauſe it is nye vnto the left kydney, and goeth euen right down into the foundament.

Hipocrates calleth the thre bowels that are nexte the ſtomake, ilia, that is to ſay ſmal guttes, and the peyn of one of them is called yliaca paſſio, a verye ſharpe peyne. Raſis calleth it domine miſerere. Lykewyſe alſo colica paſſio is called of the gutte colon, whiche .ii. dyſeaſes are ſiſters, foraſmuch as they come oftentimes bothe of one cauſe, yͭ is to ſay of yͤ oppilacion of yͤ bowels.

Remedye for the collike and of yliaca paſſio.

FOraſmuche as thoſe diſeaſes are excedynge egre, ſharp, and almoſte importable of peyne, whereof many times foloweth defeccion of the ſtrength, with varietie of medicines, ye ought incontinently for to helpe them.

Fyrſte when the ſayde peynes come by the ſtoppyng of the belly, ye muſte geue hym a gliſter mollificatiue, made of the decoctiō of mallowes, violetes, beetes, anyſe ſeed and fenugreke, with caſſia, and common hony, & oyle oliue, and afterwarde, the herbes of the ſayd gliſter bruſed and fried, & laid hote betwixt .ii. linins, & applied to the belly.

And yf by this meanes the peine ceaſe not, let the pacient ſit vnto the buttockes, in the ſayd decoction, and after with dialthea, & butter annoint the nauyl.

And if the ſaid gliſter do not worke ſufficiently, make another of the ſame, or els geue hym a ſuppoſitorie which is long ynough, made of pure hony,

and

Of lyfe
and ſal gemme.

¶ For the wyndy collyke.

Thorow wyndines oftentymes, cõmeth the colica paſſio, or iliaca, & then it appereth that the peyne is chaũgeable, and mouyng from place to place, and is knowen alſo by the romblynge which is a noiſe in the bowelles, with gryppynges, and great peyne.

Remedye.

Take mallowes, beetes, & mercury of eche a good handful, margerim, rue, bayes, and camomyll, of eche a lytle handeful, anyſe ſeedes, comyn, of eche an ounce, make a decoccion, and take therof a pynt and a halfe, and diſſolue in it an ounce of caſſia, halfe an oũce of triacle, and .iii. ounces of oile oliue or of camomyl, and make a gliſter, the which muſt be gyuen warme vnto the pacient, long before or after meate. In ſtede of the ſayde glyſter, ye maye giue him a poũde of oyle of lineſeede, which is a ſynguler thynge to take away al diſeaſes of the belly. Alſo it is good to make a myxture with oile of hempe ſeed.

¶ For to appeaſe the peyne cauſed of wynde.

Fyrſte make a glyſter of malueſaye, oile of camomyl, or dyl. If for the ſaid glyſters the peyne ceaſe not, or els the pacient wyl not take thẽ, take a great ſpong or els a felt of a hatte, and ſtepe it in wine of ẏ decoccion of rue, camomyl, malorym, anyſe ſeedes, and commyn. And afterwarde laye it vpon the peyne, as hote as ẏ pacient can ſuffre, and .iiii. tymes in ẏ daye, it is good to let him drynke wyne wherin hath ben ſodden rue ſeedes, carewayes, & comyne. Drynke at euery tyme a lytle draught, & eche daye kepe abſtinence from eatynge and drynkyng moch of other thynges til ye be perfectly hole.

¶ A ſupppſitorye for the wyndye colyke.

Take a dramme of rue, in fyne pouder, and halfe a drãme of comyne dried and poudred, and with honye ſkimmed, make a ſuppoſitory.

A playſter for wyndye colycke.

Take two handfulles of rue, in fyne pouder, myrre, and comine poudred of eche half an oũce, foure egges yolkes, and make two playſters with honye, and lay on the one at night, and the other in the mornyng, vpon the belly. Water of camomyl, or a decoccion of the ſame dronken, is good for them that haue ſuche diſeaſes. Alſo a dryed worme in pouder, and gyuen to drinke wyth whyte wyne, is very good.

If ye knowe that the peyne of the belye commeth thorough wynde, applye vpon it a greate ventoſe without inciſyon, for by that meanes the ſayd peyne wyl ſurely go awaye, or dymynyſhe. If not, it ſheweth that there is ſome humours that cauſeth the ſayde peyne, as fleume or cholere.

If by fleume it commeth, ye muſte make a gliſter of a pint of the decoctiõ of camomyll, rue, wormwood, maiorim, mellilote, centaurie, aniſe ſeedes, and fenell, and in the ſame decoccion put halfe an ounce of hiera picra, or halfe an ounce of diafinicon, and iii. ounces of oyle of dil, or of lillies.

Alſo ye ought to giue to the pacient ſirupe of wormwood, and to make application vpon his bellie as hath bene ſayde afore, or to laye vnto it gromyll ſeed & baye ſalt dryed togither, which laied vpon the bellie, is likewyſe good for the wyndye collicke.

If after the ſayde thinges the ſayde peyne continueth, ye muſt make a purgacion as foloweth.

¶ A purgacion for colike commynge of fleume.

Take .v. drammes of diafinicon, iiii. ounces of wormewood water, & make a drynke, the whych receyued faſting, iiii. or .v. houres afore meate, is verye profitable.

For peyne of the colicke commynge of choler.

If the ſayde peyns cometh of choler,

ler, which is knowen when by the application of hote thynges yͤ peine encreaſeth, ye muſt make a gliſter of violets, or giue him halfe an ouce of ſuccoroſarum with ptiſan, endiue water or wine. And the next mornyng let hym drynke a ptiſane of the decoction of prunes, and violet floures, and anoint yͤ belly with oile of violettes, or wete a lynnen cloth in colde water, and lay it therupon. If it do continew ſtil, the patient muſt be ſette in warme water vp to yͤ hanches, & yf the peyne come of cold, ye muſt annoit his belly with oyle of bayes, and goſegreſe.

For the wyndy colyke.

If it be winde, make a gliſter of new milke wyth a lytle oyle, and the yolke of an egge, for it is very good. Alſo it is good to lette him drynke a dramme of hiera picra ſimplex, wyth .ii. ounces of water of cardo benedictus, or purcelane or wormewood, and to make a plaiſter of lecke leaues fryed in oile & vinegre, and layed vpon the bellye.

warde the backe.

Alſo nephretica is paynefuller afore meat, & the colicke is euer more greuous after. And often þ colicke chaunceth ſodenlie, but nephretica cōtrarie, for commonlye it commeth by litle & litle, for euermore before, one ſhal fele payne of the backe with difficultie of vrine. Item there is more difference, for the colicke ſheweth vrynes as it were coloured, but nephretica in the begynning is cleare, and whyte like water, and after wareth thycke, and then appeareth in the botome of the veſſel lyke red ſande or grauel.

Remedie for peyne of the reynes.

YE muſte vſe thynges aperitiue to cauſe you make water, but afore ye ought to loce þ belly in taking an ounce of caſſia, an houre before meate: but yf your bellie be hard bounde, ye muſt haue a gliſter made as hereafter foloweth, before ye take the ſayde caſſia.

A gliſter for nephretica paſſio.

Take of march mallowe rootes two ounces, mallowes, violettes, beetes, & march mallowe leaues, floures of camomylle and mellilote, of eche a hādfull, melon ſeede and anyſe ſeede, of eche halfe an ounce, wheat branne an handful, and decocte it, and take therof halfe a pounde, and diſtemper in it an ounce of caſſia, & an ounce of courſe ſuger. ii. ounces of oyle of violettes, & an ounce of oyle of lilies, make a glyſter. In ſtede thereof ye maye take cowes mylke, wyth two egge yolkes, in maner of a glyſter.

And it is to be noted, that in ſuche a diſeaſe, the glyſtre muſte be greate in quantitie, or els ye ſhulde make wreſtynge and roumblyng in the bellye, whiche ſhulde be an occaſion of more paine. After this operaciō, if the paine be not aceaſed, ye muſt gyue another gliſter, after the operaciō of which, the paciēt ought to go into ſome bath, by-to the nauyl, wherein muſte be ſodden mallowes, marche mallowes, beetes, pellitary, lyneſeed, fenugreke, & floures of camomil, with mellilote, al put in a bagge in the ſayd water, & rubbe hym wyth it: and at hys goyng out of the ſayd bath, ye muſt take two oūces of ſirupe of mayden heare, & radiſhe, with iii. ounces of the decoccion of lycuorice. Moreouer after the ſayde bath, ye muſte laye vpon the paine, a pultes made of herbes, and floures, with oyle of almondes, being in ẏ ſayd bagge, & .ii or iii. morniges take .v. or vi. ounces of ẏ broth of cicers, ſodden wyth lycorice, or els drinke water of pellitory, of creſſes, or of rotes aperitiue, the which waters are very good for to purge the grauel and the ſtone. Agayne is a verye good electuary for the ſame, called electuarium ducis, or iuſtinum, philantropos, or nontripon, yf ſhe take a dramme or two after operation of a gliſter, or of caſſia, or a pille of ante cibū, and after to drinke one of the ſayde waters, oꝛ elles a little white wyne warmed.

¶ Regiment aſwel foꝛ the colyke, as foꝛ the reynes of the backe.

HE muſte flye frō al euil qualities of the ayꝛe, as wynde, raine, great heate, and greate colde, ſpeciallye to kepe them from warming the reines agaynſt the fyꝛe, noꝛ to heate it by any other meanes. Alſo he muſte abſtaine from great repletion at one meale, and to long abſtinence from meate, foꝛ all theſe fille the body ful of yl humours. Alſo ſleape not on the daye, ſpecially after meate, noꝛ lye not on the reines, when ye are aſleepe.

And ye ought to eate no ſaltfyſh, noꝛ no biefe, noꝛ other groſſe meates. Likewiſe one ought foꝛ to beware of [illegible]les breade up in the water, ſpiced paſtrye, and bread not very wel leuened, ſpecially tartes, cakes, & other paſties made of floure. But aboue al, ye muſte beware of whitemeates, as milke, cheſe

raw

rawe frutes, hard egges, & as moch as is poſſible, kepe your ſelfe frō yre, enuye, melancoly, & other lyke affeccions.

For the fluxe of the wombe.

IN al fluxes of the belly, cauſe ẏ excremētes to be dulye ſerched, for yf the diſeaſe be ſuche, that the meat commeth out, euen as it was receiued, or not half digeſted, ẏ ſayde fluxe is called lienteria. If great aboundaūce of watery humours haue theyr iſſue by lowe, the ſayde fluxe is named diarrhea, which is as moch to ſaye as fluxe humorall. And yf bloode or matter appeare with the excrementes in the ſyckeneſſe, then they call it diſſenteria, which is a gret diſeaſe and a daungerous for to cure.

Remedy for the fluxe lienteria.

FOrasmuch as this flux commeth for ẏ moſt part of great debilitie of vertue retētiue of ẏ ſtomacke, for ẏ great moiſtnes of ẏ ſame, it is good to gyue ẏ ſirupe of wormwood, & honye of roſes,

takynge

takig of it with a ſpone, or drynke the wyth the water of betonye, fenel, and wormewood, and yf it ſo be the paciente doe deſyre to vomyte, it wold be good for hym, or let him take halfe an ounce of hiera ſimple, wyth two ounces of water of wormwood, and yf the pacient be ſtrong ynough, adde therto two drammes of diafinicon.

And after thys ye muſte comforte the ſtomake wyth oyle of maſtyke, ſpike, myrte, wormwood, or nardine, or with a plaiſter called cerotū Galeni, ſpred vpon lether, and after layed vpon the ſtomake, or make a bagge of wormewood, myntes, and maioram dried, & laye it vpon the ſtomake.

In the mornyng take a lozenge of aromaticum roſatum, and a lytle rynde of citron cōfit, and before euery meale take a morſel of conſerua quynces.

Remedy for the fluxe humoral called diarthea.

The ſayde fluxe oughte not to be reſtrayned afore the .xiiii. daie, yf nature be not very moch enfebled. And ſomtyme it ſpryngeth of hote cauſes, as of cholere, and then one ought to giue vnto the pacient to drynke afore hys meate ſyrupe of ribes, ſyrupe of roſes, or ſyrupe of quinces, wyth ſmythes water, and in yͤ ſtede of thoſe ſirupes, ye maye make a iulep thus.

A iulep for the fluxe humorall.

Take roſewater, bugloſſe, and plantayne, euerye one halfe a pounde, of al the ſaunders two drammes, and with a quarteron and an halfe of ſugre, make a iulep. In the mornig two houres afore meat, it is good to giue the paciẽt olde conſerue of roſes, or a dramme of trociſkes of roſes, after he hath dronke one of the ſayde ſyrupes, or of iulep of roſes with a lytle of ſmythes water, wherof the pacient ought to drynke at euery tyme when he is a thyrſt.

If in the ſayd fluxe ther be egre matter, and the ſtrength of the paciẽt any thyng conſtaunt, ye maye miniſter the laualaxatorie that hereafter enſueth.

Take redde roſes, barly, plantayne, of euery one a handful, ſeth them, and in the ſtreynyng adde .ii. ounces of oyle of roſes, one ounce of honey of roſes, and the yolke of an egge, and giue it in the maner of a gliſter.

Sometyme it is expedient to take a medicine by the mouth, and it is made as thus.

A medicine for the fluxe

Take the ryndes of myrabolane citrine bakē, one dramme, reubarbe a litle dryed vpon a tile, halfe a dramme, ſyrupe of quinces one ounce, water of plantaine .iii. ounces, myngle al togyther, and lette the pacient drynke thē foure houres before meate, & thā giue him a gliſter retentiue made as thus.

A glyſter for the fluxe.

Take oyle of roſes, of quinces, of myrtille, of euerye one thre ounces, bole armoniak in pouder .ii. drāmes, medle al togither & giue it as a glyſter.

Another.

Take the iuce of plantayne, of poppe, of burſa paſtoris, and oyle of quinces, of euery one .iii. ounces, myngle them togyther, and giue it for a gliſter. And if the bowels be excoriat, ye ſhal giue thys peculiar remedy. Take halfe one pounde of mylke, the water wherein gaddes of ſteale hath ben quenched, ẏ iuce of plantaine, and oile of quinces, of euery one .ii. ounces, bole armenye one drāme, goates tallowe one oūce, and make them in a gliſter, but without vpon the ſtomake, ye muſte laye thys oyntmente that here foloweth.

An oyntment for the fluxe.

Take oyles of roſes, quinces, & mirtilles, of eche an ounce, oyle of maſtik, halfe an ounce, pouder of coral, & nuttes of cipreſſe, of euery one a dramme, myngle all wyth waxe, and make an oyntmēt. Here is to be noted, that the gliſters that are gyuen for to ſtoppe a fluxe, muſt be very litle in quantitie. Ye maye heale the fluxe of diſſenteria wyth gyuyng thynges before declared for the fluxe humorall, and take afore your repaſt .ii. drammes of cõſerue of quinces, or of marmelade of quinces. And he ought to drinke water, wherin hath bene quenched gaddes of ſtele, & ye muſt auoyde diuerſitie of meates, and geue your ſelfe to eaſe, and to quiet, and ſleape a greate while. And it is good to vſe grewel, clene barlye, & almon mylke, with a litle amidum, and ſet ventoſes vpon the bellye withoute cutting, whiche thynge is alſo good in al fluxes of the body. If the ſaide fluxe humorall procedeth of fleume, it ſhall appeare of the excrementes ẏ are watry and flegmatike, and than ye ought to geue .iii. or .iiii. morninges, ſirupe of wormewood, or of mint, after purgacion as is here folowyng.

A purgacion for the fluxe humoral.

Take .ii. drãmes of mirabolanes dried on a tile, halfe a ſcruple of agarike in trociſke, halfe an ounce of ſirupe of mynt, or .ii. oũces of water of bawme,

and

and make a pocion that ſhal be receyued .iii. or foure dayes, afore meate.

If ye wyll make a iulep, take water of mynte, and of bawme, of euery one halfe a pounde, ſuger a quarterne, and make a iulep, of the whiche one maye drynke euenynge and mornynge after meat euerye tyme a draughte. Euerye mornyng it is good to take a lozenge of the electuary that foloweth.

¶ A noble electuary for the fluxe,

¶Take pouder of diagalanga a dramme and a halfe, of redde coral and maſtik, of euery one a ſcruple, trociſkes of terra ſigillata halfe a dramme, the barkes of citrons confit, and quinces, of euery one thre drammes, ſuger diſſolued in water of mintes. iiii. ounces, make an electuarye.

Oyles of wormewood, minte and of narde, and maſtike, are verye holſome to annoynt withal the bellye, and the ſtomake, for the ſaide fluxe.

And the thynges declared of the flux

lienteria, be very good in this caſe, taking euer after meat, a morſel of marmalade. Redde wyne is verye good in this fluxe, to drinke at meate with the water of a ſmyth, and likewyſe al ſpyces are good for theſame purpoſe.

¶ Medicines to reſtraine the fluxe, of whatſoeuer cauſe it be.

Take the pepſil of an harte, and drie it into pouder, & drinke it. The water of oken buddes, or the verye acornes dried and made in pouder, and dronken in redde wine, is very good.

Item the mawe of a yonge leuerette, with the iuyce of plantaine, is excedinge profytable.

¶ The tenth chapter of diſeaſes of the matrice.

Firſt againſte ſuperfluous flux of þ mother, in the which ye muſt conſyder whether it do come of to greate quantitye of bloud, and then it is good for to open the veine ſaphena, & abſtaine from al thinges that multiplye the bloude, as egges, wine and fleſhe. Or whether it commeth of cholere, & then ye muſte receiue a litle ſirupe of roſes, pomegranates, or ribes with water of plantain. Than purge þ choler þ geueth ſuch ſharpnes to þ bloud, by .x. drammes of trifera ſarracenica, wyth two ounces of plantayn water, or the medicine of reubarbe, wrytten in the treatiſe of the fluxe humorall.

After purgacion ye maye geue euery morning a lozenge of triaſandaly, or a dramme of troſciſkes of roſes, in pouder, after drinke twoo ounces of plantayne water. And yf ſuche fluxe of the matrice, happen of the watrineſſe of bloude, geue her to drinke foure or .v. morninges, hony of roſes with a litle water of wormwod, afterward purge her with a dramme and a half of agarike in troſciſkes, and halfe an ounce of trifera ſaraſenica, myxte with water of minte, and of wormewood.

Ye may know the cauſes of the ſayd fluxe, by annointing a threde or cloute in the ſaide bloud, for if it hath the coloure of vermilon, it ſygnifyeth that the flux commeth of to much bloud. If it appere a litle yelowe, it ſygnyfyeth that the diſeaſe commeth of ẏ ſubtilytye and ſharpenes of the bloude, ouercome with choler. And if it hath a coloure like the water in whiche newe fleſſhe is waſſhed, it betokeneth the bloude is much watrye.

And after ye haue purged the principal cauſe of the dyſeaſe, youre ſeconde intencion ſhalbe, by and by to ſtaunche the ſaide iſſue. Wherin alſo one thyng is to be noted, ẏ yf nature be accuſtomed to auoid any ſuperfluites, by continual courſe of the ſaide flux, it would perchaũce be inconuenient for to ſtop it, wherefore yf ye ſee no ieopardye, ye maye reſtrayne the ſaid flux this wiſe.

¶ Remedy for to ſtoppe the ſayde flux.

Take trociſkes of white amber, and make them in pouder, & geue a drãme euery morning, and anon after, drinke an ounce, or .ii. of water of plantayne.

In ſtedde of theſe trociſkes, ye maye make a pouder of ſanguis draconis, bole arment, white amber, and red corall, drinkynge one dramme thereof, with plantaine water as is aforeſaid.

¶ An other medicine to ſtaunche the ſayde fluxe.

Take two ounces of olde conſerue of roſes, of the ſeede of plantaine, two drammes, ſãguinis draconis, bole armeny, of euerye one a dramme and an halfe, white corall and redde, ana one dramme, make a confeccion with ſyrupe of myrtilles, & geue it to drinke.

mornyng

morning and euenyng two houres before meate, at euery tyme the quantity of a meane cheſnutte.

¶ For theſame.

Applye bemoſes vnder the breaſtes twyſe a daye, beefore dinner and ſupper, and vſe to beare about your necke or hold alwaies in your hande, red coral, iaſpis, or a ſtone called hematites, which is a ſinguler remedy for to ſtop euery kynde of bloudy fluxes, yf it bee borne, or tempered in wyne & dronke, or make thereof a pouder, and vſe of it euery mornyng with a litle wyne.

¶ For reteyning of the flowres.

Sometimes ther chaunceth vnto women when they can not haue their due purgacions, to fall in greuous kindes of ſickeneſſes, for ꝥ auoydaunce wherof, it is good to helpe thē and prouoke the ſaide purgacions by ſuche thynges as open, whiche muſt be geuen at ſuch time of the moone, as the ſayd women were wont to haue theſame.

And yf ye ſee the womans bloud to

bee to groſſe and thicke, ſo that ſhe can not haue any ſuche purgacion, ye muſt euerye monethe geue her the ſyrupe of fumetorye, with the decoction of borage, and bugloſſe, and lette her bathe her ſelfe, with freſhe water hoat.

And when ſhe goeth out of the bath in to the bedde, ſhe muſt receiue the foreſayd ſyrupe and decoction of the herbe called rubea tinctorũ or madder, ſodden in cleare water. In ſteade of ſyrupes ye maye take the verye iuyce or decoction of the herbes.

And if the womans bloud be ſlimye, colde, and flegmatike, then ſhe muſte drinke ſirupe of ſticados, and of oxymiel diuretike, and afterward take the pilles called fetide, and of agarik. And euery mornynge after that, ſhe muſte take a drãme of troſciſkes de mirrha, with two ounces of yͤ decoction of Iuniper beries, or two drammes of trifera magna, and therupon drynke two ounces of water of Mugworte.

And yf perchaunce ye can not haue

theſe thinges at nede, ye maye take .iii. ounces of the decoction of aliſaunders, the roote of ſmallache, cinamome, and a litle ſaffron, and let her drinke therof two tymes a daye, and eat no meate thereafter durynge foure houres.

Moreouer it is a proued and experte medicine, to geue the firſt day of yͤ new mone a dramme of pouder made of borax, which the goldſmithes do occupy, wyth aſmuche cinamome, and a lytle water of ſmallache. Alſo it is verye good to haue the veine opened, whych is called ſaphena, that lyeth outwarde betwene the inſteppe and the heele. And yf caſe ſo be, that the ſaide retention come of ſuperfluitye, or to muche aboundaunce of fat, then the chiefe remedye is to ſuffer much hunger, and to eate verye litle, muche exercyſe and labour to prouoke ſweate, and to ſleape as litle as maye be poſſible.

But if it come of great debility and weakenes of the body, when the natural ſtrengthe is ouercome by reaſon of

ſome

ſome ſickenes, or after a longe ague, in this caſe ye maye not go about to prouoke the ſayde purgacion, but with al your endeuoure ſeke to reſtore nature, and geue the pacient thynges of much nouriſhmente, as potched egges, good fleſhe, and good wyne, with other lyke.

Sometime the ſaide retencion commeth of the exceſſiue heate of nature, in ſome women, ſpecially ſuche as bee valiaunt and ſtrong as men, and thoſe that are wont to much labour, by reaſon wherof the heate of theyr bodyes is ſo ſtrong, that they nede none of the ſayde purgacions, for the ſuperfluities of theyr bodyes, are ſufficientlye conſumed of the heate alone, therfore they haue no nede of the ſaide remedyes.

For chokyng or ſuffocacion of the matrice.

The matrice or mother in a woman, oftentimes mounteth vp, towarde the midrefe and the ſtomake, with intollerable paines, and is called, ſuffocacion, becauſe that it is choked, or ouer charged with ſome euyll and ſuperfluous matter, as by ſtoppyng of the due purgacions, or to muche abſtinence of venus, whereby is often chaunced ſhortnes of breath, payne of the head, ſwownynge, tremblinge of the hearte, contraccion of members, and otherwhyles death without remedy.

A medicine for the ſayde dyſeaſe.

Ye muſt rubbe the legges and wreſtes of the armes vehementlye, and bynde them with cordes or with garters, tyl thei ware ſore, then ſet ventoſes vpon the legges, and al to chafe the ſtomake ſpecially beneth round about ỹ nauill.

And then ye muſte conſtrayne her to ſmell ſtinkyng thynges as aſſa fetida, galbanum, pertriche fethers brent, and the quenchyng out of candels, with other ſuche, but beneth ye muſte applye, thinges of ſwet odour, as gylofloures maiorim, lignum aloes, amber, cluet, and a trociſke of gallia muſcata, and let her drinke a draught of this recept, that foloweth.

¶ A drynke for payne of the mother.

Take one dramme of mithridatum, and diſſolue it in an ounce and an half of water of wormewod, and geue it to her to drinke, afore ſhe go to meat .iiii. houres,

Diuers goodly medicines for diſeaſes of the mother whatſoeuer be the cauſe.

Take the raſing of iuery, and the raſing of an hartes horne, with the hearte of an hare, dryed and made in pouder, and aſmuche of goates clawes brente and poudred yf they may be gotten, or in ſtede of it ſhepes clawes, take all theſe and vſe to eate them in your potage or otherwyſe, to ſtoppe the fluxes of the matrice.

An other to prouoke them.

Seeth marigoldes, nept and ſauyne in good ale, and drinke it with a good quantitye of ſaffron, and a lytle honie or ſuger.

Item

Of lyke.

Item .xv. blacke ſeedes of pionie, dronken in wine with ſaffron, purgeth the matrice of humors, and other .xv. of the red ſeedes, ſtauncheth it agayn, or any other fluxe of the mother.

An other.

Theſe herbes are good to purge the matrice, Rue, peony, ſauyne, betonye, nept, valerian, maidenheere, horehounde, ſauery, percely, gromel, alliſaunder, marygoldes, ſmallache and tyme.

¶ The .xi. Chapter of the cure of the ſtone in the reines, and in the bladder.

Paine of yͤ ſtone is one of yͤ moſt enormous paines that the bodye of man is vexed with, for by it many times yͤ natural vertues are diſtroted, womē loſe their fruit afore yͤ time, cruel & perillous accidentes cōmōly do encreaſe, yea & oftētimes death without remedy.

Wherfore it ſhalbe expedient to the comfort of the poore folkes, and other that be greued, to write ſome good and holſome medicines for auoydynge of the ſtone,

¶ And ſeeyng that all authours doe affyrme the ſtone to bee engendred by reaſon of the great heat that is about the reines, ſtreitnes of the condites, & aboundaunce of groſſe & ſlimy fleume, or of brent choler, whiche by the ſayde exceſſe of heate, is as one woulde ſaye, baken or dryed as claye is in the furneis, and ſo at laſt becommeth an hard ſtone, therefore it is chiefly to be noted that without amendyng of the forſaid cauſes, all that ye dooe miniſter for to breake the ſtone is eyther hurtefull to the pacient, or els of ſmal effecte. For the whiche cauſe it is very neceſſarye that the pacient kepe a ſober dyet.

And for the better vnderſtandyng, ye ſhal know, that all wynes (whether they be ſwete or ſharpe, groſſe or ſubtyl, white or redde) are in this caſe vtterly reiected.

Pulſes alſo of what kinde ſoeuer they be, as peaſe beanes, and ſuch, and al groſſe fleſhe, and water foules, and foules of greate bodies, as buſtardes, cranes, and ſuche lyke, are in this caſe very daungerous and noyſome.

Alſo ye may eat no kynd of fruites, except it be a few melons, ripe prunes in ſmal quantitie, and pomegranades, with a litle ſuger and corianders.

Of herbes, ye maye eat borage, bugloſſe, percely, lettuſe, mintes. ſpinach and ſuccorye in broth of veale, or of a yonge chicken. Nepes alſo and rapes and radyſhe, in a ſmal quantitye, maye be wel inough permitted.

Potched egges are verye good in this caſe, with a litle vergeous, but in anye wyſe beware of hard cheſe for that is oftentimes the onely cauſe of the ſayd ſtone. All ſhell fiſhes are to be auoided excepte it be a creuyſhe, or a ſhrympe, meaſurably taken.

Ye muſte, alſo take hede that ye eat no

pepper nor hote ſpices, nor no meates that are ſalte, ſoure or heauye of dygeſtion, and that ye lye not on youre backe on nightes when ye are aſlepe. And ye ought to kepe your raines cold and moyſt, and to let youre backe bee vntruſſed in the ſommer.

After ye haue vſed this regiment or dyet by a certain ſeaſon, it ſhalbe good for you to take an ounce of caſſia newlye drawen out of the cane, and eate it with a litle ſuger in the morning.

¶This ye muſte vſe euery ſeconde weke, til in time your reines be metely wel cleanſed of the ſame, and euerie daye eate a litle caſſia, vpon a knifes poynte, to kepe your bellye moyſt: for that is one of the thynges that are moſte required in the ſayd cure.

And at diuers other times when ye be diſpoſed, ye may take a litle of this receite hereafter, whiche hathe greate vertue to mundifye the raines, and to bring the humours to equalitye, with releaſyng of the payne, and bringynge oute out the grauell.

¶ A goodly ſirupe to mundifie the reynes.

Take the broth of a yonge chicken ſodden tyl the bones fal a ſondre, thre pounde, melon ſeedes a litle bruſed an ounce, percelye rootes, and aliſaundre rotes .iii. ounces, damaſke prunes, ſepeſten, of eche .vi. in nombre, greate rayſyns halfe an ounce, cleane licorice .x. drāmes, waters of borage, endiue, and hoppes, of eche .iii. drammes, and wyth ſufficient white ſuger boyle thē al vnto the conſumpcion of the halfe and more, and afterwarde ſtreine thē, and make a goodly ſirupe.

This is a thyng of excellent operacion, and an hye ſecrete in mundifying of the reines, if ye kepe the diete as is afore deſcribed. The doſe of it is one cyath or a lytle cupful in the mornyng earlye, and ſlepe after it a lytle. If ye wold haue the forſayd ſirupe to purge more choler, then put in it a dramme of fyne reubarbe, with a lytle caſſia.

¶ Hereafter foloweth a pouder of excellent operacion in breakynge of the ſtone.

TAke the kernels that are within ſloes, & drye thē on a tyle ſtone, then make of them a pouder by it ſelfe: after that take the rotes of aliſāder, percely, parietarie, and hollihocke, of euerye one a like moch, and ſeeth thē al in whyte wyne or els in ye broth of a yonge chicken, then ſtreine them out into a cleane veſſel, and whē ye drynke of it, adde as moch of the ſaid pouder as ye thynke conuenyent, halfe a ſyluer ſpoonefull or more, for wythout doute it hath great effecte in bryngyng out the grauell.

¶ An other experte medicine for them that haue the ſtone.

There groweth in the galles of ſome oxen, a certayne yelowe ſtone, ſometymes in bygneſſe of a walnut, ſomewhat longe & bryttle. Yf ye take that ſtone & make of it a pouder, & eate it in your pottage, the weyght of one ſcrupule or more accordig to your ſtrẽgth, it is a ſinguler medicine to them ẏ can not piſſe for ſtoppyng of ẏ condutes.

An other ſinguler medicine for the ſtone.

Take the ſeedes of ſmallache, percely, louage, and ſaxifrage, the rotes of philipendula, chery ſtones, gromell ſeede, and brome ſeede, of euerye one a lyke moche, make them in fine pouder, and when ye be diſeaſed with ẏ ſtone, eate of this pouder a ſponefull at ones in pottage, or in brothe of a chycken, and eate nothyng after .ii. or .iii. houres.

The .xii. chapter of remedyes for the goute.

The paine in ẏ ioites of a mans body, as in ẏ handes & feete, is generally called arthritis, or goute, which procedeth ſomtime of febility of ẏ ſynowes being laſhe & vnable, to cõſume the humours, that continually do flowe vnto them.

And for the mooſte parte they are all deriued from the membre mandant, yͭ is to ſaye the brayne, for he is verye groſſe, and engendreth euer humours in him ſelfe, by reaſon wherof, moche of the ſayde humours are deriued into the nuke and muſcles of the backe, & fro thence they deſcende into yͤ feete, and then it is called podagra, or to the huckle boone, and thē it is ſciatica, or els into yͤ hādes, & ther it is chiragra.

¶ Remedy.

Foraſmuch as all the ſayd kyndes commeth of one begynnyng, as is ſhewed afore, and for the better expediciō in that we wyll be brefe, ye ſhal fyrſte take awaye the ſuperfluous moyſture of the brayne, whiche is the roote and fountayne of al the ſayd diſeaſes, and that ye may do foure maner of wayes.

The fyrſt is obſeruaunce of dyete inclynyng towarde dryneſſe, & to auoyde all fulneſſe of meate and drynke, and not to ſlepe in any wyſe ſhortlye after meate. And ye muſte beware ỹ ye eate no vaporous meates, nor thyn wyne, nor drynke moch after ſupper. And yf perchaunce ỹ peyne be very ſharpe, it ſhalbe moche holſome to the pacient, to abſtaine from all kyndes of wine, & to vſe hym ſelfe to ſmal drinke, which thyng yf he can not do, then let hym drinke claret wine mixed with a good quantitye of water.

The ſecond is to purge the brayne ones a moneth, wyth the one halfe of pilles of cochies, and an other halfe of pylles aſagareth. And in tyme of harueſt, & ſomer, with pilles ſine quibus, and pilles imperiall, whereof ye ſhal gyue one dramme ỹ night before the full moone, and the daye folowing ye may gyue hym to eate a litle broth of cicers, with a litle quantitie of raiſins of the ſunne.

The thyrde is to repreſſe the fumes that aſcend into ỹ brayne after meate, which thyng may wel be done by eatynge of a lyttle dredge, made of anis ſeed and coriander.

The fourth is to perfume the braine with certeyne thynges confortatyue. as for example thus.

¶ A good perfume agaynſt moiſtures of the brayne.

Take fyne frankenſence, ſandrake and maſtike, of euery one an ounce, lignum aloes, a dramme, make them all in groſſe pouder, and perfume therewith ſtoupes made of flaxe or of cotte, and laye vpon the head.

And when ye haue by thys meanes well and duly comforted the brayne, & decended of, the original cauſe of the ſayde diſeaſe, ye ſhall procede to take away the matter conioynt, that is deſcended vnto the ſynowes, and ye ſhal begynne thus.

Fyrſt ye muſt preſerue the body from engendring of humours, in takig euery mornig next your heart a confectu made of akornes, & of floures of roſemary, mengled with a litle nutmigge and maſtike, and yf ye be of power, ye may drike a good draught of yppocras or other ſpyced drynke, after meate at dynner and at ſupper.

Secondarily, ye ſhall underſtande, yͭ whoſoeuer doth entend to be holpen of the gout, he muſt euery yere be purged two tymes, preparing fyrſte yͤ matter to digeſtion with ſirupe of ſticados, and duabus radicibus, with the one halfe of waters of ſage, prymroſes and margerim, in maner of a ſpiced iulep with cinamon, taken. v. continual mornynges. ii. houres afore ye eate any other meate. And after yͭ, ye muſte receyue a dramme of pylles called arthretikes, or hermodactiles, or of both togyther egal porcions. Or take halfe an ounce of diacartami two houres after night, and of diaturbith, of euerye one two drammes, with a lytle ſyrupe of hiſop.

The reſte of the ſayde curacion ſhall be accōpliſhed with the applyinge of diuers local remedies, wherof ther be ſondry kindes & ſortes here declared.

Ye ought to rubbe the place that is ſore wyth oyle of roſes and a litle vinegre, & after ſprinkle vpon the ſame, fyne pouder of myrtylles. Another playſter alſo as hereafter foloweth.

¶ A playſter for the goute.

Take of the emplayſter called mellilote .ii. ounces, populeō an ounce and a halfe, redde roſes, mirtilles, and floures of camomyl, of euery one a dramme, make a playſter and laye vpon the goutye ioynte.

¶ An other.

Take the iuyce of colewortes and of walworte, and wyth beane floure, and pouder of redde roſes, and the floures of camomyl, make a playſter and laye it to the ſore.

¶ An other.

Take oyle of roſes, crūmes of bread, yolkes of egges, & cowes mylke, with a litle ſaffron, ſeeth thē togyther a lytle as ye wold make a pudding, afterwarde ſprede them vpon cloutes & lay vpon the ſore.

¶ An other.

Make lye of the aſhes of roſemarye, or of oke, or of beane ſtalkes, & boyle init, ſauge, moleyne, prymroſe, camomil, and mellilote, and receiue ye fume vpon ye ſore place, or wette cloutes in ye ſayde decoccion, preſſe them and lay them vpon the payne.

Al the ſayd remedies are verye good to ſwage the payne of the goute, after the which done, it is neceſſary to go about the comforting of iointes and ſinewes, and to that intent ye may apply the greſe of pyes, oyle of camomil & of althea or hollhocke, oile of a foxe, oyle of earthwormes, oyle of prymroſes, turbentine, oile of gromel brayde, wherwythall, or with one or two of them ye may annoynte the ſore place, and comforte both the ſynowes and ye ioyntes marueylouſly. Alſo thys ointmente that foloweth is ſynguler good for the ſame purpoſe.

Take fyue or ſyxe handfulles of walworte, and ſeeth them well in wyne:

then ſtrayne them, and with a lyttle waxe, oyle of ſpike and aqua vite, make an oyntment wherwith ye muſt annoynte the place mornynge and euenyng euery daye.

An other oyntment for the goute.

Take a fatte gooſe, and plucke her, and trymme her as yf ſhe ſhuld be eaten, then ſtuffe the bely within with two or thre yonge cattes, wel chopped in ſmal gobbettes, with an handful of baye ſalte, then ſowe her vp agayne, & let her roſte at a ſmall fyre, and kepe the dryppyng for a precious ointment agaynſt all kyndes of goutes, and other diſeaſes of the ioyntes.

Medicines for the gout appropriate in al caſes.

Take cowes donge, and ſeeth it in ſwete mylke, and lay a playſter to the goute hote.

Alſo the yolkes of egges, womans mylke, lyneſeede, and ſaffron al together

ther in a plaiſter, ſwageth the diſeaſes of the goute.

And yf ye be diſpoſed to brake thee ſkinne, and to let yͤ humours iſſue (as by ſuche manye one is eaſed) ye ſhall make a lytle playſter of blacke ſope, & aqua vite, which wil bliſter it without any greate payne.

Alſo very olde harde cheſe cutte and ſodde in the broth of a gambon of bakon, and afterward ſtamped with a lytle of the broth, and made in maner of a playſter, is a ſinguler remedye for diſeaſes of the goute, and was fyrſt practiſed of Galene the prince of all phiſicians.

A prayer to God for helpe, agaynſt the perturbacions of the mynde.

O Lord my God almightye father, & ruler of my lyfe, my health, my ſtrẽgth, my redemer, and protectoure, ſende vnto me the heauenly beames of thy holy ſpirit, to illumine the darkeneſſe of my ſynfull hert, and to guide me to thy holy place. Shewe me yͭ light of thyne abundaũt mercy (O Lorde) that I may no lõger ſleape in deedly ſynne. O only father of light which in very dede doſt lyghten euery mã that commeth into this worlde, for thy great mercies ſake it maye pleaſe thee, to lyghten the eies of myne hert, and to endue me with the ſpyrite of grace, that I maye loke vpon myne owne ſinne, the great offences wherewith I haue offẽded thee, and to know yͭ in my ſelf ther is no maner ſtrẽgth, for to wythſtande the death, but only throughe thee. And I beſeche thee, o lord, to couer theſe my carnall eyes, yͭ they ſe no vanitie, and gyue me thy grace, yͭ I fal not into cõcupiſcence, to thend I may eſchewe al euil thinges, and gyue my mynde hollye to the obſeruacion of thy commaundementes. Lord God I beſeche the, that ſyn may neyther raygne nor tarye in me, and that I be not ſubiecte to myne owne fleſhly appetytes, but yͤ I may expel out of my thoughtes al unlawfull luſtes, ſo that my ſoule and al my mind, maye be ſet holy upon the. Lord God ſuffre not my ſoule to be oppreſſed, but receyue me into the protection of thy holy hand, and deſpiſe not me thy ſimple creature, whom thou haſte redemed with yͤ preciouſe blood of thine onely ſone Jeſu Chriſt. Thy mercy O lord is aboue al yͭ thou haſte made, for thou doeſt differ the punyſhmēt of the wycked, yf perchaunce they would amende at laſt, thou loueſt al that thou haſte made, & hateſt none but for their owne iniquities. And whē the wicked turne agayne to the, and crye unto thy holye name with all theyr hertes, by & by thy mercye is ready to receiue thē, euē as I mooſt deteſtable ſiner come with hert cōtrite unto thy mercy this day: that I may obtayne remiſſion of my ſynnes. To the I cry out of yͤ veri depth & botome of mine hert, go not

Awaye from me my maker & redeiner, but heare the ſupplicaciō of my praier. For thou arte mine onelye hope and myne enheritaunce in the lande of liuers. I haue ſinned, I haue ſinned (O Lorde) and heaped vp iniquitie euen agaynſte heauen, and afore the. But I knowledge myne offences, and deſyre mercye according to thy goodneſſe. Deſtroy me not (O Lord) among ſinners, nor let me not deſcend into the lake of deathe, that I vnworthy creature being made worthy onely by the bounteouſneſſe of thy grace, may from henceforth lyue in thy commaundementes, loue, honour, and praiſe thee. For al heauenly powers, angels, thrones, and dominacions, laude and praiſe thy holy name world without ende. Amen.

Thus endeth the
Regiment of
lyfe.

He

¶ Here beginneth a goodly bryefe tretiſe of the Peſtilence, with the cauſes, ſignes, and cures of the ſame: compoſed, and newly recogniſed by Thomas Phayer ſtudious in Philoſophie and Phiſicke, to the ayde, comfort, and vtilitie of the poore.

¶ To the good reader a preface of the authour.

AFter that God almightye, father and creatoure of all thynges, had by his vnſearchable prouidence, ordeined mankind to eternall felicitie, and ioye at the beginning, he thought it not ynoughe to haue created him of nothig, a bodye

moſt

mooſt excellent,perfect & pure both in mēbres and ſenſes,aboue al other his creatures here in earth,but alſo of his ineſtimable goodneſſe endewed him with diuers & ſundry gyftes of grace, as witte,vnderſtandyng,minde & reaſon,wherby he myghte not onelye(as nere as is poſſible)approch vnto him in the knowledge of his heauenly maieſtye(as concernyng ſoule)but aſwel ymagine,ſearche and fynde out,by all maner wayes,aydes,comfortes & remedyes,wherby alſo the body mighte be ſaued and defended,agaynſt all aſſaultes of any thyng that ſhulde anoy it:ſo bounteous and plentifull are hi giftes implāted in our nature,that o al creatures we myghte haue bene th happieſt.But after that ſynne had en tred into ÿ world,and by ſynne deat (as ſaint Paule ſayth)our corrupt ly uynges haue made vs more corrupt, ÿ nowe the life whiche we leade her is not onlye not very pleaſaūt vnto mooſt of men,and yf it be to ſome,y it is vncertayne,mutable ,and ſhorte: but to many other it is excedyng greuous,ſorowfull,and tedious ,ſubiecte to dyſeaſes , infortunes, and calamytyes innumerable, which for the moſt parte doe encreaſe daylye , euer the iuſte vengeaunce of God fallyng vpon vs for our greate abhominacions,and wythoute doubte wyll euermore endure,vnleſſe we doe repente , and liue in his commaundementes.

And to paſſe ouer al the hole ſwarmes of ſo many,both olde and newe dyſeaſes,wherewith the body of man (alas for oure ſynnes) is continuallye tourmented and vexed,to ſpeake nothynge of theſe common and familier infyrmytes , as lepryes , agues , cancars, pockes, goutes, palſeys,dropſyes,rumes,phriſys , and other oute of number,which as yf they had conſpyred to fight againſt phiſicions,can ſcantly be appeaſed with anye cure of medicine, what payne or puniſhement can there be imagined to put vs i remembraũce of our own wickednes, cauſe vs to deteſt our abhominable liuinges, and to cal for mercy with lamẽtable heartes, more then this only plage and ſcourge of god commōly called the peſtilence? Is ther any ſyckeneſſe that is halfe ſo violent, ſo furious and ſo horrible, as this ſickenes is? What diſeaſe is ther in the world, ſo venemous ĩ infecting, ſo full of payne in ſufferynge, ſo haſtye in deuouryng, and ſo difficile ĩ curing, as the plage is? And yet are we nowe a dayes, ſo ſtubburne and ſo froward, or els ſo drowned in the myre of fylthy and carnall appetites, that wee nothynge doe regarde theſe open and manifeſte tokens of our condemnacyon in the ſyghte of God, but apply our hole ſtudyes to perſeuer in our ſynnes euer worſe and worſe: wherefore it is no meruayle though the ſayde diſeaſe encreaſeth, but rather to bee feared, that almyghtye God wyll poure hys indignacion vpon vs with ſome other kynde of plage, more violente and terrible then the ſame is.

But to them that doe repente, and put their onely truſte in him, who can doe but wonder at his infinyte benygnitie, and goodnes, that euen in the middeſte of al the ſaide afflictions, prouydeth them of remedyes leſt thei ſhould dyſpayre: cureth and amendeth all theyr grieuous ſores, languours and diſeaſes: he created medicine euen out of the earth, and of the wyſe manne it ſhall not bee dyſpyſed. And ſurelye amonges all other ſickeneſſe, is there none ſo daungerous, as is the foreſaid plage, for any man to cure by the way of medicine: for it turneth it ſelfe in ſo many maner of kyndes, likeneſſes and faſhions, yͭ thei yͭ are infected, are many times dead, afore it can be knowen, that thei haue yͤ ſame diſeaſe. Whiche thing although many noble and moſte excellente learned men haue in times paſte worthely conſidered, and therevpõ according to their ſinguler knowlage and induſtries geuen to them of

God, haue written vpon the cauſes, ſygnes and cures of the ſaid dyſeaſe, ſo exactly, ſo learnedly, and with ſo great eloquence, and cunnyng, that there ſemeth nothyng either to be omitted, or poſſible to be added, to the perfect curacion of theſame: and ſo it would bee hard for a man of my ſlender witte, to inuent the thing that thei haue not inuented, much more in vayne ſhould I goe about to write theſame thynges ỹ they haue written alreadye: Yet notwythſtandyng foraſmuche as this diſeaſe when it once beegynneth, enfecteth none ſo much, as the commō people, among whome it is not geuen to all men, to vnderſtande the foreſayde volumes, yf they hadde them preſent, muche leſſe can they get theyr healthe by theyr owne imaginacions or experimentes, ſpecially when almoſte no phiſicion wyll vouchesafe to viſite any ſuche infected of the common ſorte (ſo great is the daunger of this cruell ſyckenes) by reaſon whereof, the pacientes caſte themſelues oftentimes into deſpayre, and ſo manye of the poore people, creatures of God, whiche by good medicines myght well ynoughe recouer, for lacke of ſuche knowelage are vtterly deſtroyed and caſte awaye, to the great pitye of al chriſtē heartes, continuall ruine of the cōmon weale, with diuerſe other greuous and huge incommodityes, as is daylye ſeene where the ſayde dyſeaſe raigneth.

I therefore at the reuerence of almyghtye God, and for the loue that I beare vnto myne euen chriſten, accordyng to the talent wherwith the lorde hath endewed me, vnder the correction of my frendes the phiſicians, haue taken out of diuers & ſondry volumes, of the moſte famous authours, that haue moſt exactly written of the ſaide dyſeaſe, one peculier, certain and compendeous treatiſe, addinge thereunto ſuch holſome & ſinguler remedies, as I my ſelfe haue proued and knowe to be effectuall, in curyng of the ſame.

The preface.

Deſyring god almighty , the onelye
authour and reſtorer of all health , ſo to
gyde the heartes of hys ſuppliauntes,
that the ſayd medicines maye take effecte
in them, accordyng to hys giftes:
and as for my laboure, I doe nothyng
deſire, but the loue and fauoure of
the gentle readers, whome I
praye God continuallye
to encreaſe in all
goodneſſe.

A treatiſe of the peſtilence.

What is ment or ſignified by this worde peſtilence,

Peſtilence is none other thing but a venemous infeccion of the ayre, enemye to the vital ſpirites, by a certayne malicyouſe and euyll property (and not of any quality elemental that is within it ſelf.) For euen as pure triacle is a coumforter of life, not becauſe of heat, cold, moiſtnes or drynes, but forasmuch as out of al his cōpoſicion there redoundeth a certayne fourme agreing to the forme of the vital ſpyrites of our body: ſo is the foreſaid vapour enemy to our natures, not for any quality, as is ſaide before, but for that, yͭ his proporcion is direct euē contrary to our vital ſpirites, cōſiſting in yͤ heart, which vital ſpirites, if by yͤ wil of god, & ordinary diet, be ſtronger in the paciēt thā yͤ foreſaid vapour is, thei driue it from the bodye, & will not bee infected. And if it happen that the foreſaid ſpirites bee weaker then the venim, or the body ful of humors apte to putrefaccion, then it dothe incontynent aſſaut the liuelye membres, & except remedy, bring the body quickly to deſtruccion. But when we do ſaye the vapoure to bee venemouſe, we meane not that it is a poyſō of it ſelf in dede, for then ſhoulde euery creature be indifferently infected, and none ſhoulde eſcape that draweth it in breath: but I cal it venemouſe, for that it is of ſuche a naughty qualitye, ẏ it may be lightlye conuerted into venime, that is to ſay, apt to burnyng and coroſion, as do mercury ſublimed, quicke lime or ratten bane, and other ſuch like kindes of venims. Thus ye maye perceiue that all the greate daunger that is in thys diſeaſe, commeth of the noughtines of humors, which are made apt to receiue the ſaid vapours, & not by violence of ẏ infected aire only.

¶ Of the .iiii. rotes, or cauſes principal of the ſaide diſeaſe, whereof it doth ariſe and grow, & why it raygneth in one time more then in another.

The fyrſt roote ſuperior & cauſe of the peſtilence is the wil of god, ryghtfullye punyſhynge wycked menne, of whiche roote the holye ſcripture treateth in manye places, as in Deu. the xxviii. chapter. If thou wylt here the voice of thy Lord God, and worke and fulfil al his cōmaundementes, ẏ which I commaund to the this daye, thy god ſhall make the more excellent then al the people that be vpon the earth. &c

And in diuerſe other places, he geueth manye bleſſynges to them that kepe his lawes.

And lykewyſe to the people rebellinge and breaking his commaundementes, he threateneth many curſes, as where he ſayeth.

If thou wylte not here the voyce of thy lorde God, to kepe and worke all his commaundementes, whiche I cōmaund the this daye. there ſhall come vpon the theſe curſes, and catche the. Thou ſhalt be curſed in the citye, and in the fyelde, thy barne ſhal be curſed, thy liuing ſhalbee curſed, the fruite of thy wombe ſhalbe curſed, the fruite of thy grounde ſhalbe curſed, the heardes of thy ſhepe and cattell, ſhal be curſed, thou ſhalt be curſed at thy commyng in, and curſed at thy goinge out. Alſo a litle after he ſaith: The lord ſhal ioin to thee the peſtilence, tyl he hath conſumed the out of ỷ earth, to the whic thou ſhalte goe to take poſſeſſion. Th lord ſhall ſtrike the with pouertye, feuers and colde, burnyng and heat, an with a corrupte ayre. &c.

Alſo in an other place. The Lord ſhall ſtrike thee wyth the peſtilence o Egypte, and the partes of thy bodye b the whiche thou auoydeſte thy donge, with a ſcabbe and itche, and ſhalte not be able to be cured thereof: and let the heauen that is ouer thee be as hard as braſſe by cruell conſtellacions, and the earth on whiche thou doeſt treade, bee ike yron that euer waſteth, and wareth worſe and worſe.

There be many other malediccions which our lord hath threatened the rebellious people wythall, expreſſed in many places of holy ſcriptur, but theſe may be ſufficient as touching our entente, to ſhewe that many tymes the cauſe of this diſeaſe is the vengeaunce of almightye god, rightfully puniſhinge men for their offences.

The ſeconde roote of the peſtilence, which doth depende of the heauenly conſtellacions.

Now that we haue ſpoke of the firſt rote ſuperiour, of the whiche this diſeaſe procedeth, it is alſo cōueniēt that we declare ſomwhat of the ſeconde roote or cauſe ſuperior, that is to wete, of natural influences of the bodyes aboue.

And ye ſhall vnderſtande, that accordyng to the ſaying of Marſilius Ficinus (a man of excellent knowlage, and no leſſe learnyng) in his boke De triplici vita, & in an other which he wryteth alſo of the peſtilence: that among al other heauenly bodyes, ther be two bodyes called euil and malicious, tha is Saturne and Mars, whiche oftentimes by theyr vnholſome influences, are cauſe of manyfolde infyrmityes, ſpeciallye of the peſtilence. Saturn through colde, and Mars by exceſſe o heate. Saturne through colde, is th cauſe of reumes, of the leprye calle elephancia, and al dyſeaſes commyn of colde matter.

Mar

Mars by reaſon of his heate, bryngeth foorth feuers peſtilécial, ſpitting of bloud, water vnder the mydrife, and the pleureſye, the whyche is a dyſeaſe engendred lyke an apoſtome of choleryke matter in a thicke panicle, or ſkine vnderneth the ribbes.

A prouident phiſicion among many other thynges, ought to conſider the entring of the ſũne into Aries, by true equacion of the houſes and planetes, for that influẽce hath more dominacion, thẽ haue all the other influences of the hole yere beſide, excepte the ſuperiour coniunctions of the planetes, or els ſome greate eclyps. And this entryng of the ſunne into Aries, paſſeth al the entringes of the ſunne into any other ſigne.

Therefore you muſte conſyder how the lorde of the .vi. houſe in the figure is diſpoſed, for he is lorde of ſickenes, that is to ſay, you muſt conſider whether he be impedite or no, and yf he bee impedite, there ſhal be many ſickeneſſes,

ſes, accordynge to his nature and hys houſe, that is the .vi. houſe, as by example thus.

Be in caſe that Saturne is the lord of the .vi. houſe, and ſome earthy ſigne is in the ſame houſe, then moſt comonly the ſickenes of that yere, ſhalbe of like nature, that is, colde and drye.

And ouer this thou muſte conſyder, whether that the lord of the .vi. houſe hath any aſpecte with the lorde of the houſe of death, or the lord of the houſe of death to him, then moſte commonly the ende of thoſe ſickeneſſes that are colde and drye ſhalbe death.

And likewiſe as it is declared of the entring of the ſunne into Aries, ſo it muſt be ſaide of the coniunccions of yͤ ſunne and moone, through al the yere, marking euer the nature of the planet beyng in the .vi. houſe, yf ther be any, and the aſpectes to thoſe twoo houſes aforeſayde. &c.

Alſo he muſt conſider, whether this entryng of the ſunne into Aries, or anye of the coniunncions of the luminaries, bee in the eighte houſe or no, for then it ſhould be much worſe.

And note, that if the eclipſe of the ſunne or mone, be in any of the angles of the natiuity of any perſon, or in any of the angles of the reuolucion of hys natiuitye, then he ſhal ſuffer ſickeneſſe accordynge to the nature of the ſame angles. And if the ſaide eclypſe bee in the myddeſte of heauen, he ſhall ſuffer hurte in his honoure and fame: and yf it be in the aſcendente, he ſhalbe grieued in his body, and ſo forth of other houſes, but it ſhalbe the worſer, in caſe the eclipſe be in the aſcendent, ſpecially if it be the eclipſe of the ſunne, for ẏ is the more daungerous of the two, for aſmuch as the effect of ẏ eclipſes of ẏ mone, is alwayes finiſhed in the ſpace of one yere at the moſte, ſometyme in leſſe, and for the moſte parte in thre monethes. But ẏ effect of the eclipſes of the ſunne, is very long or it come to paſſe, ſomtime .12. yeres, as witneſſeth

Ptolome in his centiloquio.

The Aſtrologians take the iudgement of the yere, by the entryng of the ſunne into Aries, in the firſte minute, and if it then happen that al the vi planetes be in the eyght houſe, whiche is the houſe of death, they ſaye that yere ſhall ryſe a peſtilence, and diuers other ſickeneſſes, accordinge to ỹ nature and condicion of thoſe planetes.

And yf the moone in the ſame entryng be nere vnto the coniunction of ỹ ſōne, as ſometime happeneth, within .ii. or thre, or four degrees, that yere ſhalbe a death and peſtilence vniuerſal and that ſhortely after that coniuncciō, ſpeciallye at the comminge of the mone and the euyl planetes to infortunes, & as ỹ infortunes be, ỹ effectes ſhall ſo appeare, be they more or leſſe.

Furthermore, ye muſte conſider the great coniuncciō of ỹ .ii. hier planetes, as was the coniunccion of Saturne and Iupiter, the yere of our lorde .M. ccccc.xxv. in the laſt daye of Auguſte, &

y.xiii.degre of Scorpio: whiche coniunccion chaunged from an ayrye triplicitie to a watry, & it was in a watry ſigne, whereof there chaunced verye moche raine, & therupon folowed the exceſſiue humectacion or moyſtyng of mannes body, which by and by turned to putrefaction, and therupon enſued peryllous & corrupt feuers, peſtilences, and agues, ſpeciallye becauſe in the coniunccio͂, Saturne was exalted in the north aboue Jupiter, whiche Saturne is of yl influence.

¶ Of the thyrde roote or cauſe of thys outragious ſicknes.

THe third rote or cauſe being inferiour, is the ſtynch and filthy ſauours that corrupte that ayre whiche we lyue in: for we can not liue wythout drawynge of the breath, and we haue none other breth but of the ayre rounde aboute vs, which yf it be ſtinking, venymous & corrupt, and we by neceſſitie drawe the ſame vnto vs. immediatly corrupteth and enfecteth the hart, and the liuely ſpirites of the ſame, and after þ inuadeth al the other membres of the bodye to enfect them in likewiſe, by reaſon whereof is engendred a corrupt & venymous feuer of peſtilence, very contagious to all þ are about thē, for the venymous ayre it ſelfe, is not halfe ſo vehement to enfect, as is the conuerſacion or breathe of them that are enfected already, and that by reaſon of the agreyng of the natures, which is the very cauſe why our bodies be infected by contagyon of men, more then any other beaſtes.

Of the fourth roote or cauſe of the ſayd diſeaſe.

The fourth rote is, the abuſe of thinges not natural, that is to wete of meate and drynke, of ſlepe and watching, of laboure and eaſe, of fulneſſe and emptyneſſe, of the paſſions of the minde, & of the immoderate vſe of lechery, for the exceſſe of al. theſe thinges, be almoſt the chefe occaſion of all ſuch diſeaſes as raigne among vs now a dayes.

For all that of our meate and drinke is not digeſted, turneth anon to putrefaction and to euyll qualities.

And to muche ſlepe repleniſheth the body with to great aboundance of humours, but ouermuche watching doth drye vp the natural humidities.

And as watching doth, ſo doth immoderate labour, and as ſlepe doth, ſo doeth reſt and eaſe out of meaſure, put the body in greate diſtemper, and maketh it apte vnto thys ſikenes, as is dayly ſene.

And whoſo wyl be ruled as becometh him in thys caſe, ſhal neuer be lightly infected, & if chaũce he be, he ſhal eaſelye with a lytle helpe, ye ſomtyme by verye nature onlye, ſaue him ſelfe and ouercome the ſickenes.

Nowe ſeyng that the cauſes of thys ſayd diſeaſe be ſo great as is afore reherſed, it is not to be wõdered, though the thinge it ſelfe be verye huge and daungerous, and of harde curacion: wherfore ſayeth Auſten in his firſt of methaphiſikes (althoughe he were no chriſtian:) we muſt with good and vertuouſe lyuing mitigate the wrathe of god, and by continuall prayers kepe our ſelues ſtyll in the ſtate of grace.

Therfore wold I counſel euery chriſten mã, that is in dout of this diſeaſe, to cure firſt the feuer peſtilentiall of his ſoule, calling for ỹ holſome water, ỹ wel of life, wherof it is written. Omnes ſitientes venite ad aquas. &c. Whiche waters he onlye giueth, that ſaid to his diſciples. Qui biberit ex aqua quam ego dabo illi: erunt in ventre eius aque viue ſalientes in vitam eternam. And this done vndoubtedly the ſyckeneſſe of the bodye ſhal be the eaſyer to be cured,

And for becauſe the other ſoueraine remedy preſeruatiue is to flie the corrupt ayre, accordyng to the prouerbe.

Longe, cito, tarde. Flye be tymes, flye farre, and come ſlowelye agayne.

¶ Yet for ſo muche as euery man can not, nor is of abilitye ſo for to do, it is good for them to loke vpon this litle regiment, wherin with the ayde of almyghtye god the hye Phiſicion, yf the venyme be not to outragyouſe, he ſhal fynde howe to preſerue him ſelfe well ynough from it.

And for the better knowlege and vnderſtandynge of thys treatyſe, ye ſhall knowe yͤ it is deuided into .ii. partes.

¶ The firſt is of yͤ maner to preſerue a manne from the peſtilence only by dyete, in ſuche thynges wythout the whyche, one can not be longe alyue in healthe.

¶ The ſeconde treateth of the cure of the ſayd diſeaſe by the way of holſom medycine.

¶ The firſt part is diſtribute into .vii. lytle chapters,

¶ The fyrſte chapter treateth of the election of the ayre.

¶ The.ii.of meates and drinkes.

¶ The.iii.treateth of ſleaping and of wakynge.

¶ The fourth treateth of excercyſe.

¶ The fifth of emptynes and fulnes.

¶ The ſyxt ſpeketh of the accidentes of the mynde.

¶ The.vii.of medicines preparatiue.

The ſecond parte is deuyded into.vi,chapters.

¶ The fyrſte,howe to knowe whan a man is infected.

¶ The ſecond, of the cure of the peſtilence by the way of dyete.

¶ The thyrde, of the cure of the peſtilence by the power of medicines.

¶ The.iiii.of cure therof by lettynge of blood ,ventoſes,and purgacions.

¶ The.v. of the cure of the ſame by outwarde applicacions.

¶ The.vi .how to cure the botch called a Carbuncle ,or Anthrax.

¶ The fyrſte chapter of the fyrſte part ,treating of the election of the ayer.

Althoughe

Although the diſpoſiciō of the aier cold and drie, or els moderately moiſte, be moche commendable in ẏ time of peſtylence, yet there muſt be moderatiō in the ſame, as well as in the .vi. thinges not natural heretofore declared. For ye muſte haue a good reſpecte vnto the complexiō, the age, the cuſtome of lyuing, the region, compoſicion of the bodye, ſtrengthe, ſicknes time, and many other thinges. For ſome requyre an ayer more hote, than other ſome do, and likewiſe in other thynges, the whiche I do remyt vnto the good diſcreacion of euery wel lerned man, and to ſuch other as haue any knowlege of naturall thynges. For the more ſuerty, it is good for thē ẏ may, to dwel in hygh or hylly groūdes, hauing in the mornyng whan the ſunne is vp, a wyndowe open toward

the

the eaſte, and whan the ſonne goethe downe, an other windowe open toward the weſt, and cloſe by al ẏ windowes on the ſouth ſyde, for that wid is verye yll in time of peſtilence.

Alſo it is good to rectifie the ayre within the houſe, yf it be in ſomer, by ſprynklyng in the chamber vynegre, & water of roſes: if it be winter or colde make a luſty fier of clene wood, & put in it encence, mirre, laurel tre, or iuniper, or cipres: and in tyme temperate, mingle the hote thinges with ẏ colde aforeſayde.

Whiche ſprincklinges, and burninges, ye maye make at all times whan ye wyll, but ſpecially in the morning, to correcte the vapoures of the night.

I rede in Plotyne, that the egiptians were wont to fume their houſes and theyr bodyes in the day with turpentine or roſin, and in the night with mirre caſte vpõ the coales, and ſo reſiſted al venimous ayres & contagions.

The fyrſte hath ſo greate vertue agaynſt gainſt the peſtilence, that we rede how Hypocrates preſerued the hole coūtry and citye of Athenes, by makynge of great fyres in the ſtretes, and al about the towne by nighte, and ſo deliuered them from the certayne death ỷ ſhuld haue comen among them. For which cauſe the citizens of the ſayde towne, made vnto hym an ymage al of golde, and honoured hym alyue as yf he had bene a god.

And it is good in hote time, to ſtrowe the chambre ful of wyllowe leaues, & other freſh boughes, which muſt be gathered after the ſunne ſetting, & lay about your bedde and windowes, vine leaues, quinces, pomegranades, orenges, lymons, citrons, and ſuche other frutes, that are odoriferous, as roſes, floures of neuuphar, violettes, & other like. And in cold times, take ſage, laurell, minte, wormwood, nept, bawme, rue, and galingale, whiche thynges ye maye ſomtyme cary aboute wyth you in a cloth to take the ayer of them.

And in time of heate, temper a ſponge or a cloute in water of roſes, & vinegre. And in tyme of cold ye may adde to it a litle cinamome, & thus he that is diſpoſed to haue precious ſauours, as pomeaunders, or other ſuch, may cõpoſe them accordyng to neceſſitie, & as ỹ cõplexiõ of his body ſhal require. Alway takyng hede ỹ women whiche are wyth chyld, and they that haue ỹ ſuffocation of the mother or els catarres, take no ſuch odour, as ſhal put thẽſelues to any daunger, or diſpleaſure.

In a colde tyme it is good to hold in the mouth, zedoary, enulacampana, cinamome, cloues, the rinde of a citrõ, lignum aloes, or any one of them. But yf the ſeaſon of the yere be hoote, then take corianders prepared, graines of paradyſe, ſaunders, ſeedes of orenges, or of lymons. And in tẽperat wether myngle the one with the other. But it is good in all tymes, to beare about you preciouſe ſtones, (yf ye haue thẽ) ſpeciallye a iacincte, a rubie, a garnet, an emeralde, or a ſaphyre, whiche hath a ſpecial vertue agaynſt the peſtilence, & they be the ſtrõger. yf they be borne vpon youre naked ſkinne, chiefly vpon the fourth finger of the left hande, for that hath greate affinitie with the hert aboue other membres.

And as touchynge them that are contynually among the ſycke of this diſeaſe, they muſte take hede in any wiſe, to kepe them from theyr breathe, and that they do not ſtande betwene them and the fyre, nor receiue the odoure of theyr ſwettes, urynes, vomites, and other excrementes of the bodye nor to eate and drynke with thẽ, nor in their veſſelles, nor to lye in theyr couches, nor weare any of theyr apparel, except they be well ſunned, or wethered in the cleane ayer.

It is alſo good to flye from al places that be corrupte, or ſtynkyng. and to kepe the ſtretes & houſes very ſwete and cleane. And the rulers ought ſo to prouide, that no filthy donge, nor any deade caryons, be caſt into the ſtretes, for that ſhulde ſore enfecte the ayer, & bryng many mē to death. And during al the time of this diſeaſe, there ought to be no hote houſes vſed, but forbidden and locked vp, tyl ſuche tyme they ſe no further daunger.

¶ The ſecond Chapter, of eatyng and drynkyng.

The meates oughte to be of very lyghte digeſtion, more in ſomer then in winter, hauing alwaye an eye vnto the cōplexions, cuſtomes and other thinges aforeſayde.

¶ The houre what tyme ye ſhal receyue your meat, is when your appetyte cūmeth vpon you, after the fyrſt digeſtiō made. Great repletion ought to be abhorred, but a ſufficient meale is verye holſome. Neither is diuerſitie of meates alowed of anye phiſike, but yf ye wyll haue diuers ſortes, then beginne wyth them that are the lyghteſt to digeſt, and that beſt nouriſheth yͤ bodye.

Your bread muſte be of pure corne, kept in good ayre, and not fuſty, metely well ſalted, with ſufficient leuen, & baken in a place where none euyl aire is, and it muſt be of a day or two daies olde, or there about.

Wheate is beſte among al other cornes, euen as wyne amonge al other licours, althoughe the barlye bread be good for them yͭ minde to kepe them leane. Meates of euil taſte, after they be longe dead, & ſtynkyng fiſhe in lyke maner, and the fattes of al fiſhes, and meates that haue bene twiſe ſodden, thicke wyne and troublous, or otherwyſe corrupte, waters of mariſhes, & blacke groundes, and al ſuch corrupte meates & drinkes, be very perylious. But good wyne, ſauoury, and cleare, and good meates taken with an appetyte are cauſe of health, and preſeruation from the peſtilence.

Vinegre is a noble thyng in tyme of

peſtilence, yf ye haue none other impedimēt to let you to receiue it, & ye may correct it accordyng to the nature of yͤ cauſe, in ſuche wyſe, as may be cōfortable to the vital ſprites of the harte.

Borage and bugloſſe, are very good preſeruatyues in this caſe, and ſo is a lytle quantitie of ſaffron, orenges, lymons, poingranades, citrons, prunes of damaſke, & other ſuch, in good conueniente quantitie, addyng to them a lytle ſuger, and cynamone for correccion.

A nutte is called the triacle of fiſhe, ſhaled & ſugered with a lytle roſe water: and as ſayth Iſaac, a nut & a figge drye taken afore dynner, preſerueth a man from al maner of poiſons.

The thyrde Chapter, of ſleppynge and watchyng.

the peſtilence.

TO moche ſlepe engendreth many humoures in the body, ſpecially yf it be in the daye tyme, & it dulleth the memorye, and maketh a man vnluſty and apte to receiue the peſtilence. Therefore created almighty god yͤ night, wherin we ſhulde reſt, & the daye for to kepe vs waking that we fal not into ſynne and ſlouth. Surely, to ſlepe on the day time is exceadyng hurtfull, for when the ſunne ryſeth, he openeth yͤ poores of the body, and bryngeth the humors and ſpirites from within, to the outwarde partyes, whiche prouoketh a man to watching, and excercyſe or workes.

And contrary wiſe when the ſunne goeth downe, al thinges are cloſed & coacted, whiche naturally prouoketh a man to reſte.

Moreouer, the ſtomake by the vehemēt heat of the day is naturally dilated and ſpredde abrode: ſo euer againſt nyght, by reaſon of the auoydaunce of ſpirites it waxeth ſomewhat feble, & when the nyght commeth, requireth to haue quyet, wherby it may acquyre more plenty of ſpirites for the nouriſhynge of it ſelfe.

And therfore whoſoeuer waketh in the tyme of ſlepe, or ſlepe when he oughte to wake, he peruerteth & hurteth not onely his memory, & al his other vertues of the mynde, but alſo many tymes ſhal engendre apoſtemes, catarres, reumes, agues, palſyes, & many other greuous & naughty diſeaſes in ŷ body. Alſo ye muſte take hede, ŷ ye watche not to much, for therof cummeth dryneſſe of the brayne, and manye other ſyckeneſſes, that melancholy bredeth. But he that is vſed to ſlepe very moch and can not abſtayne in any wiſe, let hym ſlepe in a chayre, or elles ſyttyng in a place that is colde, but not lying, yf he loue his health.

¶ The fourth Chapter.
of exerciſe.

Moderate exercyſe or laboure is verye neceſſary to the preſeruynge of health, accordynge to euerye mans age, cuſtome, complexion, ſtrength and ſuche other, ſo it be done in the mornyng, and at euen, before anye meate, and in a place of good aire, and not infected with corrupcion.

Auicenne ſaith, that he only ought to abſtayne from laboure, that nothynge regardeth the health of his bodye. And Galene ſaith ỷ exerciſie quikeneth the vertues natural, animal, and vital. And Raſis telleth of a great peſtilẽce, wherin there were very few ſaued becauſe they liued idely, and woulde doe no laboure.

Finally defaut of good exerciſe is oftentimes the cauſe that manye dye ſodaynlye, afore they feele themſelues ſycke. &c.

¶ The .v. Chapter, of emptineſſe and fulnes.

IT is holſome for you, euery day once to procure the ducty of the womb, yf ye can not naturally, yet at yͤ leaſt waies ſeke ſome other meanes, as by a gliſter or ſuppoſitory, for the long withholding of anye ſuperfluities, is in this tyme very daungerous and hurtfull. And all the time the ſayde diſeaſe endureth, they that haue any fiſtules, ought not to be cured.

And they that haue anye yſſues by theyr hemorroides, may not be reſtrained without the fluxe be ſore exceſſiue, & they that had yͤ foreſayd hemorroides and were cured afore, let them open thē agayne for feare of further daunger.

Alſo they that are diſpoſed to be ſcabbye, hauyng great ytche, and ſuch diſeaſes of the ſkinne, ought to bring the matter out by rubbyng, and vehement clawing with their nales.

Exceſſe of women, is exceadyng perillous, but yf ye can not rule youre ſelfe, take good hede, ye do nothinge afore the firſte digeſtion, and tyl nature doeth prouoke you, for euery ſuch exceſſe weakeneth more yͤ body, thē if ye ſhould be let bloud .xl. times ſomuche, as witneſſeth Auicenna. and is cauſe many times of peſtilence, & of death.

¶ The .vi. Chapter, of accidentes of the minde.

Ye muſt beware of al thinges that ſhould make you to be penſife, heauy, thoughtful, angry or melancholike, for all ſuche thinges are inough to enfecte a manne alone.

Paſſe the time ioyfully ī good thinges honeſt and decent, euery manne according to his owne heart. and the eſtate that God hath called hym vnto.

¶ The. vii. Chapter, of medicines preſeruatiues.

All they that are of good complexiō and of holeſome dyete, neede not to be purged. For an hole bodye and voyde of all humours, is not lyghtly taken of the peſtilence, as the other are.

But yf it be a bodye ful of humors, or a greate eater without any exerciſe or trawayle, ſuche ought to lette themſelues be purged, and thei that haue to much quantity of bloud, or if ẏ bloude be anye thing corrupte, they oughte to aske counſayle of ſome good experte phiſicions, and not to put theyr truſte many vayne boſters that detracte other, which in al caſes and at al times, geue them mercury precipitant, and other medicines corroſiue, whiche for ẏ moſte parte are venime of themſelues and vnder coulor of an other medicine do diſceyue the pacient, a wõder to beholde, how craftely they couer it, ſome time in ſirupe, ſometimes in ſuger, otherwhiles in figges, lozenges, or raiſins, leſte it ſhould appeare (as it is in dede) that thei geue the pacientes very quickeſiluer. Some other affirme that the mercury is quenched, or throughly mortified, & worketh none otherwyſe but by ſecrete quality againſte all dyſeaſes in the bodie of manne: for the exceſſe of elementes ſaye they, is clerely corrected in precipitacion and aduſtiõ of the fier. How commeth it to paſſe (if this be true) that when a litle of it is ſet vpon a cole and a pece of fine gold adioyned to it, we maie ſe plainely the verie quickſiluer, cleuing to the golde, and wil make it as brittle as if it had lien in verye raw mercurye. Yea how chaunceth it that when it is mingled with hote creame, it will bee crude agayne as it was afore. And to ſaye the trueth the quicke ſiluer raw, is better to be dronken, then ſuche as is ſublymed, for ẏ hath bene permitted, bothe of Dioſcorides & of diuers other: But we neuer read of anye good phiſicion ẏ euer gaue counſell to take the precipitate, becauſe of the copporoſe & other venimous ingredience being with it.

And although that for the time peraduenture ſome eſcape, & fele not their effect in dede as mani other do (that is to ſaye, debility of the vertue radycall, of the ſtomake & other membres principal, purging of the good humors and leauynge the euyll wythin the bodye, whereof enſueth many times death) yet they leaue a certaine euill qualitye or impreſſion of the bodyes in al that do receiue them, and ſo they make worke for good phiſicions, to the great hurte of them that haue beleued them.

Such galauntes ſhould go proue their powder made of quickſiluer, amonge ẏ Turkes and Sariſins, and not vpon theyr euen chriſten, and theyr neyghbours. But nowe to our entente.

The pylles called pyllule communes, aboue other pylles preſeruatiues, are allowed to bee of hyeſt operacion, by reaſon of a certayne propertye that they haue within them, as Rufus the compoſer of them ſayeth, that he neuer ſawe any manne that vſed them, but he was preſerued from the peſtilence.

There goeth into their compoſicion, myrre & aloes, whiche haue great vertue to kepe the bodye from putrefaction, and are made thus.

Take of aloes epatik wel waſhed .ii. drammes, myrre waſhed, and ſaffron, of eche a dramme, make them vp with white wine, or the iuyce of lymons, or of orenges and ſuger.

Some take them euery third day, the weight of halfe a dramme, in the mornyng .iii. pylles, and euery daye one afore ſupper. Let eueri mā do according to his nede, and as his body is replete with humors, but it is good to drinke after thē a good draught of wine, tempered in a litle water of roſes , or of wormewoode, and yf they be to hard, let them be reſolued in the ſirupe of limons, or a litle wine.

Some doctours ioyne vnto them other ſpyces, after the complexion of yͤ perſon, and the humour that they nede to purge. And thei waſh the aloes and the myrre , in an hote ſeaſon , and for hym that hath an hote liuer, in water of roſes and of endiue, but in that let euery manne be his owne iudge: yet I woulde counſayl them to ſticke rather to the good experymentes that haue bene accuſtomed, than the fantaſies of theyr owne imaginacions.

The Apoticaries ought to haue in ſtore bothe the twoo ſortes, and to ſee that they be ſufficiently leuened , and that the foreſaid aloes be elect & pure.

They which haue the hemoroydes and woulde vſe the foreſayde pylles, lette them adde a litle maſtike , or the gumme that is called bdellium. Yf any haue a bloudye fluxe, or excoriacion of the bowels, lette hym not receyue thē without a better counſel. Women alſo greate with chylde, and they that are ſubiect to any fluxe of bloud ought not to receyue them.

Amonge other thynges, it is a good preſeruatiue, and a thynge wel experte and commended, to eat in the mornyng faſtyng one drye fygge, one walnutte, and foure or .v. leaues of rue, chopped all together, and afterwarde to drynke a draught of good wyne. But it ſhalbe ſufficient for them that are with child to take the ſayde thynges, leuyng oute the rue.

In an hote ſeaſon it is good to temper the ſayd wine with a litle roſewater or of violettes. Some other take .v. houres afore diner, thre times a weke, the weight of half a crowne of mithridatum, or of fine treacle, tempered in a litle good wine. But in time of heat and for hote complexions, it is good to put in it a litle conſerua roſes, & to mingle them with water of ſorell, or of borage, or of bugloſſe.

Mithridatum is a greate medicine againſt al kind of venime, for we reade that the founder of it, kynge Mythridates, who dydde vſe to eate thereof, coulde neuer be hurt by anye kinde of poiſon. The ſame Mithridates beyng ouercome in battayle of ẏ Romaines, woulde haue killed himſelfe with the moſte ſwyfteſt poyſon that coulde bee deuyſed, but when he hadde dronken manye ſortes of ſuche, and neuer a one wroughte anye thynge to purpoſe, he cauſed hymſelfe to bee ſlayne of hys ſeruauntes, after whoſe death Pompeius, the graund captain of the hooſt, founde in hys ſecrete coffers, a certain byll written of hys owne hande, in effecte thus.

Twenty leaues of rue. ii. fatte figges, two walnuttes, and a litle ſalte, whoſoeuer eateth of this ſhal be ſure from al kynde of venime that daye.

The good triacle alſo hath a greate vertue, but there ought to be a puniſhment of them that dooe abuſe it wyth counterfaicted ſtuffe, which deceiueth many people and cauſeth them to dye, that put theyr truſte in it.

Some other take in tyme of colde, a cloue or .ii. of garlike, which is called yͤ houſebandmans triacle, & after drinke a draughte of good wine, and in hote time take and eate a few leaues of ſorell, and drynke a draughte of the water therof diſtilled, for it is excellent & good in all complexions, tymes and ages. Alſo it is good to drynke euerye mornynge a draughte againſt the peſtilence that is thus made.

¶ A drinke for the peſtilence.

Take in the moneth of Iune or at any other conueniēt time, our lady thiſtle, burnet, ſcabious, gētiane, ſorel, of euery one a like much, floures of bugloſſe, red roſes, herbe dragons, and matfellon or morſus diaboli, twiſe as much as all the other, ſtepe them al in white wine & roſewater, during one nyghte, then ſet them al in a cōmon ſtillatory.

wayinge

waying in for euery pound of herbes, half an ounce of bole armeny poudred, augmentynge the proporcion, accordynge to the quantitye of the herbes: then ſtyl a water, and for euerye pynte of it, take the weighte of a crowne of ſaffron, half an ounce of yelowe ſaunders finelye poudred, and put them all in a violle with the foreſayde water ſtopped, and ſet them in the ſunne one moneth. This is a noble water for a manne whiche hath the peſtylence, to drynke.

And he that wil, maye put a litle ſuger, and pouder of cinamome in it, that it maye be more pleaſaunt in the taſte. He that can not fynde the ſayde herbe called matfelon, or morſus diaboli in latine, let him take the double weight of dragons. It hath a roote as it were halfe eaten of by the myddes, and it is ſo called, becauſe the fable is, the deuil bit it of, for the enuy he hath to mã, leſt we ſhoulde obtayne the great vertues of the ſame.

The horne of an vnicorne put in the drinke, whole or i pouder, hath a great effecte againſt the ſaid dyſeaſe, and againſte all kyndes of poyſon.

¶ Here foloweth a very good preſeruatiue for the common people, ready at al tymes and of ſmal coſte.

Take an ounce of leaues of rue, half an ounce of good figges, one ounce of Jenuper buries, twoo ounces of walnuttes piked .iiii. ounces of vineger, & a good quantitye of ſaffron, ſtampe al the foreſaide thynges together, and reſerue them in an earthen cuppe, or a glaſſe faſte ſtopped, that no ayre yſſue, whereof yf ye receyue in the mornyng vpon a knifes poynte, the quantity of a beane, or more, ye ſhalbe ſure by the grace of god not to be infected in four and twenty houres after.

¶ An other pouder for the ſame.

Take pure and electe bole armonyacke,

acke, not counterfaict , but ſuche as is without grauel, ſmoth, ſomewhat ſhinynge, and to the eye a farre of moſte like a very ſtone, not to brittle , nor to hye coulored, for ſuch is commonly ſophiſticate . Take I ſaye, the ſayde bole armoniake, & grynde it vnto fine pouder, than waſſhe it in white wyne or in roſewater, or water of bugloſſe, ſorell, or wormewoode , or ſcabious, afterwarde drye it and pouder it agayn, and doe ſo .v. or .vi. tymes, euer waſſhinge, drying and pouderyng the ſame, and at laſte ſet it vp in a cleane veſſell, tyll ye nede to vſe it.

Men of hote complexion, yf they wil receiue it, muſte take of it a ſponefull with vineger, or water of ſorel.

And they that be of colde complexion, maye take it in a litle wyne, or ſcabiouſe water in the mornynge. For it preſerueth the bodye, from all corrupcion , conſumeth the ſuperfluous humours, and driueth awaye the venym from the herte.

An other ſinguler remedy preſeruatiue for ryche men and delicate of complexion.

Take zedoarie, lignum aloes, agrimoni, ſaffron, ariſtologia rotunda, yf it maye bee gotten, whyte dyptanye, gentian, the rinde of a citron, the ſede of citron, of euery one a ſcruple, corianders preparate, turmentil, red ſaūders, red coral, red roſes, iuori, mirabolanes, emblike, of eueri one a dramme, terra ſigillata, two drammes, bole armonyake three drammes, pouder all theſe, and wyth fyne ſuger, and ſirupe of acetoſitate citri, make a noble electuarye, and kepe it as a treaſure of mans health, in the tyme of peſtilence.

An other ſoueraine and goodly receite bothe preſeruatiue and curatyue.

Take a hēnes egge, newly laid, and make a hole in the crown, by the which ye ſhall draw out al the white thereof, and leaue the yolke within the ſhell, which done fyll the ſame egge, with good engliſh ſaffron whole, as much as may be ſtuffed in the ſhell, than drye this egge againſt the fyer, or in an ouen, whan the bread is out, ſo longe tyl the ſhell bee vtterlye blacke and brent, and the reſt ſufficiently brittle and drie, make it in pouder in a morter, and adde to it aſmuch pouder of muſtarde ſede as ſhall weye al the hole egge: than take thys ingredience at the apothecaries. Ditamy, turmentille, nux vomica, of eche a dramme, pouder euery one of them by it ſelfe, then put them altogether, and put to it rewe, pionie roote, zedoarye, camphere, and fyne tryacle, of eche equal portion, ſo that the weight of thē b. be aſmuche as al the reſt, beat them in a morter by the ſpace of .ii. houres, tyll all bee incorporated together in a lumpe, than put it in a glaſſe, and kepe it couered with a leſe of gold, in a cold place, for it wyl laſte thus. xxx. yeres, without corrupcion, and is a thing of ineſtimable value in this caſe: the doſe of it to preſerue, is but one halfe peny weight, or leſſe, yea the weyght of one barlye corne, hath in it a marueylouſe ſtrength, in defendyng the body.

But yf one were infected alredy, than he muſte receyue afore lettyng blood ii. or. iii. graynes, after his bleedynge gyue hym in the name of god, an hole ſcruple, or, ii. or, iii. (yf his ſtrengthe wyl ſerue) tempered with wine for a hote takynge, and in great colde with a litle aqua vite, and therupon ſweat.

¶ I haue knowē whan the ſicke hath bene vtterlye deſperate, and could reteine nothing, yet by the grace of god, thorough yͤ meanes of two ſcrupules hereof, myxte with a litle aqua vite, bothe the vomyte immediatly ceaſſed, and nature recouered, eſcaped the daunger of death.

A treatyſe of

A concerning ſwete waters to ſprinkle vpō your clothes and thynges of pleaſaunt odowre, to be caſte vpon the coles when ye aryſe on mornynges, and alſo the makynge of good and holſome pomaunders, to ſmel vpon in tyme of peſtilence, for the contentacion of them that are deſyrous. I ſhall here rehearſe i. or. ii. of euerye ſorte, to the entent ye maye (whan ye be diſpoſed) eyther vſe them, or deuiſe other of the ſame makynge: as it ſhall be requiſite accordyng to neceſſitye.

Fyrſte a ſwete water that is made thus.

Take water of roſes, violettes, or nenuphar, or one of them, or of al togyther one pound, good vinegre two oũces, malueſeie, muſcadyne, or other pleaſaũte wyne, three ounces, of bothe the ſaunders, of eche one dramme & an halfe, camphore, one ſcruple, and yf ye haue any gallia muſcata, adde thereto halfe a dramme, mingle them togither, and ſprinkle vpon your clothes, whē ye be diſpoſed. The ryghte excellente, and famouſe doctoure Iohannes Manardus alſo, in the thyrde epiſtle of hys fyfth boke, doeth ſhewe, how to make in tyme of Peſtilence, two ſoueraigne perfumes, the one for to ſerue in ſommer whyche is made thus.

A Fumigation for Somer.

TAke redde ambre .ii. partes, the leaues of mirte, floures of nenuphar, roſes, vyolets, ſaffron, maces, & yelowe ſaunders, of eyther of them .i. part, camphore, ambre, beniamin, halfe a parte, muſke the tenth of one part, myngle al togyther, this is a pleaſaunte and comfortable ſmoke in the tyme of ſomer.

¶ But in winter ſeaſon ye maye vſe this.

Take ſtorax calamita, yreos, maſtyke, of ech two partes, cloues, maces, nutmigges, cinamome, of eche one parte, aumbre the fyfthe of one parte, muſke the tenthe of one parte, ſaffron, of one parte, mingle all togither and make a fumigacion.

And of theſe pouders ye may make litle balles or pomaũders, to beare about with you at al times, but the laſt receyte muſt be wel incorporate with a lytle ſtorax liquida, and lapdanum, & the other with lapdanum, gumme, dragagant, and roſewater.

¶ An other goodly pomaunder for gentlewemen and ladyes.

Take the rind of an orenge, cloues, lignum aloes, of eche, one dramme, calamus aromaticus half a dramme, alipta muſcata one dramme, roſes, myrtylles, of euery one half a dramme, nutmigge, cinamome, beniamin, of euery one a ſcruple make it vp in a morter, with Storax liquida, with ſufficiente waxe, and malueſey addinge in the ende, of camphore halfe a ſcrupule or more.

AND in the tyme of peſtilence, ye ought to kepe the houſe euery day til the ſonne be vp, and if it chaunce that ye go amōg a great multitude of people, wher is any daunger to be feared: ye may chew a litle zedoary in your mouth, ones in an houre or two, but hold it not cōtynuallye for hurtynge of the gummes. zedoarie (as ſayeth Auicenne in hys boke de viribus cordis) cōforteth the herte, and engendreth good blood, it is holſome for the ſtomake (as affyrmeth Plinie) maketh good digeſtyon, and prouoketh appetyte.

¶ Conſtantyne in his booke of degrees, ſayeth it hath a great power agaynſte venyme, and the ſtynkyng of the mouth, it breaketh wynde, and cureth ỹ bytinges of venemous beaſtes and ſerpentes.

When the ſunne ſhinethe in a cleare day, ye maye walke in gardeynes, medowes, hilles & by riuers, but beware of lakes, ſtandyng pooles, and fennes, for oftentymes the enfection of the ayre, aryſeth of the corrupte vapoures, boylyng out of ſuche vnholſome places.

The ſeconde parte, of the cure of one that is enfected with the peſtilence alreadye.

Howe to knowe a man that is infected, the fyrſt chapter.

WE ſayd in the beginninge, how ẏ peſtilence was engendred of the corrupt and noughtie ayer, turning all the humoures of the body quycklye to corrupcion & to venyme. Wherefore we muſte take hede betymes, leſt the vital membres be infected of the ſayd poiſon, for it euer ſeketh to the hert, and yf it come vnto the hert, afore the medicine, then is there no recouery, for not one amõg an hũdred lyueth. For the ſayde venyme is ſo ſwyfte, ſo fearce, and ſo boyſtous of it ſelfe, that it wyll not (without greate difficultie) be put out of poſſeſſion, but dryueth awaye the medicine from the herte agayne.

But yf the medicine come vnto the hert afore the venym hath the vpperhande, then he dryueth it oute, by the helpe of the vertue expulſyue, of the ſpyrituall membres, and that expulſiõ commonly is by ſwette.

And for becauſe ſomtimes a man is poyſoned, & can not tell him ſelfe, nor none that is about him, wherof many daũgers doth ariſe, for as yͤ prouerbe is, one ſcabbye ſhepe enfecteth a hole flocke, therfore it ſhalbe neceſſary that euery man take hede vnto hym ſelfe, & conſydre all the ſignes & tokens that ſhal be ſayd herafter: for the more care that he hath about that, the ſoner that he eſcape out of the daunger.

And yf a mā feleth hym ſelfe infecte, aboue all thynge let hym remembre god, for it is a ſyckneſſe yͤ in a twinklig of an eie may bring a mā to death.

Firſte let hym loke whether in hys arme holes, flākes, or vnder his necke there be any apoſteme or ſwellyng, or whether in any other partes of his bodi ther appeare any grene, blacke, or euil coulored ſore, for that is the ſigne that neuer fayleth, but the perſon certaynly is enfected. Notwithſtanding euery man enfected with yͤ peſtilence hath not ſuch vlcers, botches or ſores, wherefore ye muſte take heede of the other ſignes hereafter, that ye be not deceiued for lacke of yͤ ſaid apoſtemes. But what is the cauſe yͤ ſuch apoſtemes ſumtimes doth appeare, & ſometimes doth not: no doubt, but becauſe that whē the venim is ſo vehement & ſo furious, and hath gotten hold in the bodye of man, nature by reaſon of the

ſwyftneſſe

ſwyfteneſſe of the infeccio̅, is ſo troubled, letted, and entangled, that ſhe ca̅not tell whiche waye to ſuccoure, & ſo can driue out none apoſtemes, & that is more perillous, the̅ yf ther wer many ſores. But againe, when yͤ venim is but meanely furious, & the nature of yͤ pacient ſtrong ynough by reaſon of good humours, the̅ it defendeth it ſelf and driueth the venim from the hert & principall membres, to ſuch places as it may be beſt auoyded at, which breaketh forthe by compulſion in botches, carbuncles and other ſores.

The ſeconde ſygne is, yf ye feele a greate prickyng and ſhotyng in youre bodye, and ſpecially in any of the.iii. clenſyng places, yͭ is to ſay the necke, the armeholes and the flankes.

The thirde ſigne is when ye fele an outragious heate within you, as yf ye were in the fire. Which heat ſomtime ſpreadeth it ſelf abrode through al the hole body, and otherwhyle ther aryſeth ſuche a colde, that it maketh a ma̅ to ſhake as yf he were in a feuer.

Wherin al ye that be infected, muſte take hede: for ſome there be ꝧ in the beginning fele not ſuch a feruẽt heate outwardly, but it is within as greate as yf they burned, with moche heuyneſſe of ye head, dryneſſe of ꝧ mouth, & extreme thirſt. Wherby many one are compelled for to ſlepe euen for verye labour of the ſpirytes, and ſome other watch, and are ſo out of quyete that a man wold thynke they were fallen in to a phreneſye.

The fourth ſygne is, yf great vapours and fumes ariſe out of the body, when a man is in a bathe, and wolde fayne ſweate, but he can not.

The fifth ſigne is yf the paciente can not drawe his breath eaſely, for many one is ſo ſtrayte wynded, that he can not ſpeake, and when he breatheth it is with great laboure and difficultie.

The ſixt ſigne is vehemente payne of the heed, ſuche as is wont to be in a freneſy. But there be ſome for al that,

that in the beginning of the infeccion, fele nothig ſo great peyne as we haue ſpoken of in the heed. Notwithſtanding this is a general rule, yͭ the peſtilence can not be in the body, without ſome payne, oꝛ heuineſſe in the heed. The .vii. ſigne is great deſyꝛe to ſlepe, frō yͤ which many one can not abſtaine him ſelfe in any wiſe, noꝛ can not be kept waking of thē yͭ are aboute him. The .viii. ſygne is chaungynge of the ſyght, foꝛ ſomtimes there commeth to the pacientes eies, as it wer a yelowe colour, ſomtimes al that he beholdeth he thynketh it to be grene.

The .ix. ſigne is peine of the mouthe, oꝛ an vnnatural taſt, bytter, ſoure, oꝛ ſtinkinge. The tenthe ſygne is often vomiting, bitter, & of diuers colours. The .xi. is heuineſſe and dulnes of al the hole body, and ſwownynge, and weakeneſſe of the limmes, Theſe be yͤ pꝛincipal ſignes & tokens whereby ye may perceyue whē any mā is infected. Notwithſtandyng all theſe ſignes are not euer manifeſt, for ſomtymes it is ſene, that one hath had the peſtilence, & felt nothyng at all, yea and ſomtimes the vrine wyl be as fayre and as good to ſight, as in a hole man, becauſe the humours come not at the lyuer, and the feuer wyl be ſmal or none, for that the venime is not in a hote humoure, and ſo driueth out no heate, and yet the pacient by and by dyeth.

Somtymes alſo he ſhal thynke hym ſelfe hole, bycauſe that nature in the fyrſte brunt droue the venome from the herte, and yet anon after his lyfe paſſeth from hym, for that nature was not ſtrong ynough at the next aſſult, eyther by reſon it was vexed & weried in the firſte, or els the venime peraduenture multiplied or chaunged into more malignitie or nerer to the herte than it was afore. Euery one in the begynnyng ſeme lightly to be better, for then the ſtrength of nature is gathered al togither to ſtād againſte hys enemye, but it is not ſo in other euyll ſickeneſſes. The paciente alſo manye tymes thynketh hym ſelfe ſtronge ynoughe, becauſe the venime worketh not ſo cruellye vpon the other mebres as it doth vpon the herte.

Wherfore in time of peſtilence, when ye fele your ſelfe in any thing diſeaſed, dryue not forth yͤ time in loking whē the ſignes aforeſaid ſhuld appeare, nor ſtande not in examining or doubtyng whether ye be infected or no, for ye maye be ſure, that ſo longe as thys dyſeaſe raigneth in yͤ country where ye are, ye ſhall haue fewe ſickneſſes, but eyther is peſtilence alreadye, or els wyll be within a whyle: and ſo gyue your ſelfe to yͤ cure of the Peſtilence, for while the noughty influence of that infectiō dureth, al ſuperfluous humours may lightly be enfected, and that is the onlye cauſe, why in time of peſtilēce, ther is ſo few of other infirmities. For as ſoone as many ſortes of other ſykneſſes doo ariſe, the peſtilence abateth and is gone.

And here is to be noted, that whatſoeuer chyld in the tyme of peſtilence, be vexed with the wormes, ye maye ſafely affirme ŷ he is infected, for it is a matter ſo diſpoſed to the peſtilence, euen as is brymſtone, to be kindled of the fyre. This haue many phiſicions not conſidered, & bicauſe of that, haue bene deceiued in theyr cure. Here I haue declyned by occaſion, but now to our intent.

When one or two, or more of theſe ſygnes aforeſaid are knowē to be in a bodye, let hym not deſpyſe them, nor put any foolyſh truſt in the ſtrēgth of his cōplexiō, as many one haue done, & by and by dyed, nor let no man truſt ŷ colour of his vryne, or mouing of the pulſe: for ſomtymes the ſtrength is ſo exceſſyue in the venyme, that a man is deed afore the naturall vertues are able for to ſuccour him, or to dryue awaye the venim from the herte. And herein haue many wiſe phiſicions alſo ben deceyued, and haue euyl iudged of the

the pacientes pronoſtyke.

Therfore by and by without delaye, ye muſte admynyſtre ſome good and holſome medicine, as ſhalbe ſayd hereafter, or elles the ſtylled water that we ſpake of in yͤ former Chapiter, or ſome other valiaunt medicine againſt the peſtilence, that it may deſcend vnto the hert afore the venyme haue the vpperhande of nature.

For yf it bee once ſettled at the hert, I affirme plainely, ther is no hope at al. Yet there be ſome fooles, that tarye tyl the twelueth houre, or the foure & twentye, after the infeccion, and they booſt them ſelues that they wil heale the pacient, but that is a manifeſt & a a ſhameful errour, for yf any by chaũce is ſo recouered, it commeth of God, & not of any medicine, for where as one ſo eſcapeth, an hundred other periſhe.

Notwithſtandyng yf the caſe ſo be that ye be not called, or can gette no remedy afore the ſaid time, caſte not your ſelfe into diſpayre, or put not the paciēt in diſcōmfort, take or give your medicine in ŷ name of God, and yf ye can not brooke it, take aſmoch agayn and do ſo many tymes til ye maye retayne it, thē lay ye downe to ſweate, and lyft vp your hert to God, callinge vpon hym, without whom there is no helth, and by the grace of Jeſu, ye nede not to be fearefull of death, for that ŷ is impoſſible to man, is eaſye ynough with God, yea many tymes nature worketh it ſelfe, aboue al natural expectaciō. But I counſaill at the firſte begynnyng to receyue the medicines, when any of the forſayde ſignes appeareth, or when ye fele your ſelfe diſeaſed, for the venyme perceth ſoner to the herte, of the cholerike, thē either of the ſanguyne or the melancholyke, although the ſanguynes are apter to infeccion, then the other are, chefelye yf the ſyckeneſſe be in ſomer.

They that are of melancholy be not lyghtly taken, but in caſe they be, thē the cure is very daūgerouſe and hard.

Therefore I ſaye take heede at the beginnyng as the prouerbe is.

Pricipiis obſta, ſero medicina paratur
Cũ mala per longas inualuere moras.

Take the medicine quickely, and let thy ſelfe bloud, and remember god the phiſicion of thy ſoule, and withoute doubt, thou ſhalt well inough recouer.

Nowe we haue declared the ſignes by whiche ye maye eaſily know whan a perſon is infected, and wee ſayde it was conueniente to take the medicyne as ſoone as anye of them appeareth, without any longer tarying, afore the venime commeth to the hearte, here wee wyll enfourme you, howe ye ſhall perceiue whether the ſaide venime bee ſetled in the hearte or no.

Take a dramme of bole armeny made in pouder according to the doctrine of ỹ laſt chapter in the firſt part, and if ye can not get it, take ſome other excellẽt medicine againſt ỹ peſtilence, namely one of the receites that ſhall bee ſayde hereafter, and geue it to ỹ pacient, but there can nothyng be better, then the foreſaide pouder yf ye haue it at hand.

Take I ſaye thereof one dramme, & an ounce of white wyne, and odoriferous, with two ounces of water of roſes, mingle them, and geue them to the pacient. The blacke receit declared in the Chapter of preſeruatiues, maye be wel vſed in ſtede of the bole.

And yf he maye retayne the drynke within his ſtomake, it is a good ſigne that the venime was not at the hearte afore he toke the medicine, and therefore he may be let bloude wel inough.

But yf the pacient cannot broke the ſaide drinke, but caſt it vp and vomite, then ye maye be ſure, that the venyme hath bene at yͤ heart afore yͤ medicine.

Therfore by and by waſh his mouth with wine, or with water of ſcabious, or ſorel, or of roſes, and it ought to be very wel mundified and clenſed.

Then geue hym an other doſe of the ſaid drinke, and heat a cruſte of bread, and holde it to his noſe, that he maye the better kepe the foreſayd pocion. And if the ſeconde tyme he caſte it vp againe, and is not able to reteine it, waſh his mouth as is ſaide before, and geue it him the thyrde tyme, with a litle vineger, that it may perce the better, and ſo .vi. or .vii. times, if he do not holde it, geue it hym agayne, and then whether he retayneth it, or retayneth it not, by and by ye ought to lette hym bloude.

But in caſe the paciente were infected .xxiiii. houres afore ye geue the drinke, neuer let him bloud, for ꝧ can nothing helpe him, but rather make him feble, but adminiſter a medicine ordeyned for the peſtilence, as is ſayde afore, or ſuch as ſhalbe ſpoken of hereafter, and that done prouoke hym to ſweate.

Nowe to oure purpoſe as concernyng dyet.

¶ The ſeconde Chapter, of the cure of peſtilence, by the waye of dyet.

Fyrſt as ſoone as euer the paciēt feleth himſelfe infected, it is verye good to auoid ye corrupt aire, by chaunginge into ſome other place: or els if he can not ſo, let him rectifye the ayre of his own houſe, or of his chamber, with water of roſes and vineger, or els with fumigacions as is ſpoken of before, according to the quality of ye time, & the cōplexion of his own body.

Moreouer it is good for him to ſhiften his bedde out of one chamber into another, and from that to the fyrſte agayne the nexte daye, euer rectifying the ayre, of them both, as is aforeſaid.

And as touchynge meat and drinke, he ought not to abſtaine, or yet to take anye ſuperfluities, for to eate good meates meaſurablye (thoughe it be againſt his ſtomake) yet in this diſeaſe it ſhall doe him muche good; Let him eate the brothe of chickens ,capons,or coleyſes of rabbettes , and ſuche lyke meates,with a litle ſorell ſauce,or vyneger,& roſewater , or wine of pomegranades,(yf they maye be gotten) or wyne of barberyes,and ſuche other.

If ye wyl haue other kynde of ſauces,or a pouder to ſtrowe vpon youre meate,ye may make it after this ſort.

Take graynes of paradiſe,whyte dyptanye,of eche an ounce,fine poudre of cinamome,and cloues,of eche halfe an ounce,make them al in pouder,and mingle it with ſuger . In this diſeaſe ye maye eate no queſye meates , as eles , geſe,duckes , and other ſuche as bee euyll.

I call them euyll meates,whych (accordyng vnto Galene De differentiis febrium) are eyther euil of theyr owne nature,or els if thei be naturallye good,yet by reaſon of ſome putrefaction , are as muche or more vnholſome,as the other are , partelye ſo,becauſe of longe keppynge,vncleane and naughty dreſſyng, or when thei be laied vp in a filthye or ſtinking place, and partly by ſome yl infeccion, when thei were aliue: for he that vſeth ſuch kind of meates, is oftentimes accoumbred with manye naughtye ſyckeneſſes, as corrupte & peſtilencial feuers, ſcabbes, puſtles, lepries, and other euyll infirmytyes.

All fyſhe in this caſe are to be auoided. Brothe or gruell, made with borage, bugloſſe, endiue, ſuccorye, ſorell, purcelane, and other like herbes, with a litle ſaffron, and cleane wheat floure, or the cronimes of breade in a broth of chickyns, or without a broth, maye be wel adminiſtred.

Potched egges alſo with ſorell ſauce and cinamome, vineger & roſewater, are meruelous good in this caſe.

And yf the heate be very vehement, as well after meat, as afore, he maye wel drinke a draughte of ſodden water with the iuyce of orenges, limons, citrons, or of ſowre apples, wel migled together, to quēch yͤ venimous fumes, that might ryſe vp to the brayne. And yf the paciente be younge, and ſtronge hauyng a good ſtomake, hole winded, hoate of complexion, and in tyme of heate, not ſubiecte to the colike,, nor to none hydropſye, nor apoſtomes in the bowelles, he maye drynke a good draughte or twoo of cleare and colde water commynge out of a rocke, or of a runnynge water, or of a faire ſpring. For when nothynge elles can mytygate the thyrſte, yet wyll cleare water by lytle and lytle, dymyniſhe all the heate. But ye muſt beware ye take no greate exceſſe.

A ptiſane with ſuger of roſes, is verye good to drinke betwene meales.

The pacient oughte not for to ſleape duringe the fyrſte. xxiiii. houres, and in the time yͭ he receiueth his medicines. Afterward he mai ſlepe a litle at once, to comforte the weakeneſſe of the ſpirites, and he ought euery daye to go to ſtege once.

And aboue al other thynges let him not diſpayre, but bidde him be of good comfort, and doubt not of his health, ſo he take no thought, but as much as is poſſible, make hym to reioiſe, as wel by communicacion as by muſike, and bringyng in vnto hym good and holeſome herbes, fruites, boughes and other thynges of coumforte, but yet notwithſtanding ſee that he remember God, and not forget his own cõſcience, for in this ſickeneſſe the worſt is euer to be feared.

¶ The thyrde Chapter, of the cure of peſtilence by the waye of medicine.

As ſoone as euer ye fele your ſelf infect, take of yͤ poudre of bole armoniake, in maner and forme afore declared, or of yͤ blacke receite the weyghte of halfe a crown, more or leſſe according to the vertue of the pacient, myngled with the water of roſes, and a litle vineger, as is ſayde afore, and drinke it all at one draught.

And if ye can not get the foreſaid pouder, or paraduenture ye wil abhorre to take it, thē drink a litle pocion of yͤ receit folowing, which is very excellēt.

¶ A receit againſt the peſtilence.

Take yͤ rote of turmētile dryed in the ſhadowe, of ſaffron, and of muſtarde ſede aſmuch of one as of an other, make of them a pouder, and incorporate it with the thyrde part of mithridatum, or of fyne triacle, wyth a lytle ſtronge venyger, ĩ maner of an opiate, kepe it in an earthen veſſell cloſe, and in tyme of nede vſe it. The weighte of it at once is frō halfe a dramme vpwarde.

This receite worketh more vpon the venime then it doth vpō the feuer. And euery daye folowing it is good to take a litle ſirupe of limons, with water of ſorell, or of matfelon, or of oure lady thiſtle.

And he that hathe none of the ſayde ſirupes, let hym vſe the waters of the ſame herbes, or the good water that I haue diſcribed in the chapter of medicines preſeruatiues.

Auicenne ſayeth that whoſoeuer taketh an onyon & drynketh it in mylke faſtyng in a mornyng, he ſhal bee ſafe that daye from all infeccyons of the peſtilence. Therfore ſome are wont to roſt two or thre onions, and to eat thē with vineger and browne bread nexte their heart afore they enter into anye ſuſpecte ayre. And haue founde health in their ſo doinge.

the peſtilence.

Iohannes Manardus, a man of hye knowlage in the arte of medicine, and of greate auctorytye amonges al learned men, deſcribeth in his boke of Epiſtles, a very good receit aſwel preſeruatiue as curatiue deuiſed by himſelf for lacke of good triacle, and is of merueilous operacion, as well in this diſeaſe, as in healing all maner venymous wou̅des, both of adders, ſnakes, and other kinde of ſerpentes. ¶ The receit of this noble medicine is this.

¶ Manardus medicine for the peſtilence.

TAke the dried bloud of a drake, and of a ducke, of a goſe, and of a kid, rue, fenell ſeede, the ſeede of cumine, dylle, and of wylde nepes, or garde̅ nepes, or rapes, of euery one. iii. drammes, the roote of ge̅tiane, trifoile, ſquinantum, franke̅ſence. roſes dried, of ech. iiii. drammes. White pepper and long, coſt, valerian, Anyſe, cinamome of eche .ii. drammes, myrrhe, nard, of eche .vi. drāmes, beniamin, aſſarum, gumme armoniake, of eche thre drammes, aloes, agarike, of eche two drammes, carpobalſami .xx. graynes, ireos, ſaffron, reubarbe, and reupontike, gynger, maſtike, of ech one dramme, ſticados, fiue drammes.

Make a fyne pouder of theſe, and with foure times aſmuche of claryfied honye, mingle all together, and kepe it in a ſiluer veſſel or a glaſſe ſtopped, for it is an hie treaſure, i ſuch a caſe. The doſe of it is two drammes in wine or water of ſorel.

Here foloweth an electuarye of a wonderful vertue, in the tyme of peſtilence,

This electuarye is of ſo great vertue, in thē that do receiue it once in .xxiiii. houres, that they maye be ſure from all euil infeccions of corrūpte ayres and contagions, all the daye after.

But in them that are infecte alrea=

dye, and are taken with the peſtilence, yf they drynke of it but one ſponefull, as ſhal bee ſayde hereafter, (ſpecially after letting bloude yf it bee conuenyent to the pacient) and laye him down and ſweat vpon theſame, yf the venim hath not vtterly ouercome the hearte, he ſhal vndoubtedly recouer.

It hath bene lately proued, that after drinkynge of theſame medicine whan yͤ pacient made his water in an vrinal, the glaſſe hath bruſte in pieces, by reaſon of the venime that it purged out.

¶ This is the makyng of the ſayde electuarye

Take cinamome electe, one ounce, terra ſigillata. vi. drāmes, fine mirrhe iii. drāmes, vnicornes horne. i. drāme the ſede and rinde of citron, rootes of diptany, burnet, turmentille, zedoary, redde corall, ana, drammes. ii. yelowe ſaunders. iiii. ſcrupules, red ſaunders. ii. ſcruples, white ben and red, floures of marigoldes, ana. one dramme, iuerye raced, ſcabiouſe, beronici tunici,

ſede

Anyſe, cinamome of eche .ii. drammes, myrrhe, nard, of eche. vi. drãmes, beniamin, aſſarum, gumme armoniake, of eche thre drammes, aloes, agarike, of eche two drammes, carpobalſami. xx. graynes, ireos, ſaffron, reubarbe, and reupontike, gynger, maſtike, of ech one dramme, ſticados, fiue drammes.

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ſede of baſile, yͤ bone of a ſtagges heart, ſaffron, ana. ii. ſcruples, make a fyne pouder, and adde vnto it of bole armoniake preparate two ounces, white ſugar thre pounde, and with a ſirupe of acetoſitate citri, make a goodlye electuary, and kepe it in a glaſſe.

If the peſtilence commeth with great exceſſe of heat, drinke it vpon roſewater, and vineger, but yf ye fele it colde, take it in a draught of wyne, and couer ye with clothes, ſo that ye may ſweate as longe as is poſſible, for wythoute dout, it is a preſente remedye as I my ſelfe haue oftentimes proued.

¶ An other deuine medicine in a liquide fourme.

Take rue, wormewood & bawme the herbe, of ech a like porcion, of celidony, both herbe & rote as muche as al the other, ſo that ye haue of them. iii. a good bigge handful, waſh the rote of celidony.

celidony, very clene & purely, in wine or in fayre clere water, than put them all into a new pot of earth neled within, and poure vpon the herbes, halfe a pounde of the moſte ſtrongeſt vineger ye can gettte, couer them iuſt, and lute the mouth of the potte, with luto ſapiencie, which is made of wheate floure and yͤ white of an egge, that no breath maye iſſue, and ſeeth it eyghte or .ix. houres, with a ſofte fyer, than lette it cole by litle and litle, and after ſtraine the herbe, and ſette the licoure in the ſonne to rectifye.

¶ Whan a perſon is infected with the peſtilence: Firſt as I ſayde afore, lette hym bleede in a due vayne, than geue hym a ſponefull of this lycoure, with as muche as a nutte of triacle, yf ſo be ye haue any, luke warme, by and by let a cruſte of breade all hote, be dipped in vineger, and holden to his mouth, that he may the better broke the medicine.

And yf he chaunce to vomite, incontinente waſhe his mouth with wine, and cauſe hym to receiue againe an other ſponful, and ſo if nede be. v. oꝛ. vi. times, til ye ſe that he receiue it, which is a very good ſigne, yf he ſo doe.

After this ſet hym in a warme bed couered, that he may ſweate out yͤ reſydue of the venime, and by the grace of God he ſhall eſcape the daunger. This is a medicine of infinite vertue. But if the pacient haue a greate heate geue hym no triacle, oꝛ els very litle.

The. iiii. chapter of the cure of peſtilence, by lettyng of bloud, ventoſes, and purgacions

Although phlebotomy oꝛ lettyng of bloud, be one of the chief thinges that are requyred to the cure of the peſtilence, yet foꝛ lacke of vnderſtandyng, and letting bloud otherwyſe than behoueth, manye one is caſt awaye: and therefoꝛe euerye good bar-

boure

bour ought for to take heed, ꝧ he hurt not them, whiche come vnto hym for helpe (for that were a greatte ſhame) whiche he ſhal neuer do, yf he ponder wel ỹ thinges, ꝧ ſhal be ſaid herafter.

¶ Thys is a general rule.

IN the tyme of peſtilence whã a body is infect, ye maye not haue reſpecte either to ỹ ſigne, ỹ daye or ỹ houre: but whether the mone be there or not, or what aſpectes ſo euer be in ỹ planettes lette him blede forth with in the name of God.

Younge men and ſanguine, and they that haue aboundaunce of fleſhe, and of blood mingled with other humors, ought to blede ſomwhat more in quãtitie, but alwayes kepe a moderacion, that ye take not out to greate quãtitye at once.

It is better to let hym blood twyſe, leauynge the wonde of the fyrſt ſtroke open, and annoynt it with a litle oile.

and after foure or fiue houres, let him blede in the ſame wound agayne, but wythout ſtrykyng yf it be poſſible.

But alwayes gyue an eye, to the ſtrength of the paciente, that it be not enfebled, and agayne beware that ye haue taken awaye the rankeſt, and the ſtrōgeſt venime, wherin yf ye be doutful, take the counſaile of ſome good expert phiſicion.

Alſo ye muſt note, that ye may not let blood, to any children within the age of. xiiii. yere, nor to olde men aboue fyftye yere olde, nor to women great with childe, ſpecially nere vnto theyr tyme, nor when theyr due purgacions is vpon thē, nor to thē that are newly brought to bed, or within a weke or ii. after ſhe is purified, generally to none whiche is weake & feble in hys body. Ye ſhal alſo note, that there are ſome olde menne of better ſtrength & complexion, than many yong are of, & agayne dyuers young children of ten or twelue yeres olde, are of higher corage,and of as good ſtrengthe,as they that are many yeres elder. In ſuche caſes,a litle euentaciō of the enfected blood,may be yͤ ſauing of theyr liues, ſo that all thinges be done with good diſcretion.

It is wiſdome alſo to let them blood liyng vpō theyr backes,whō ye thinke would fainte in ſtāding or in ſyttyng. And yf the caſe do requyre the letting of blood,and the paciente be not able to beare it for any of the cauſes afore reherſed,it is good to apply ventoſes, in maner and fourme as I ſhall declare hereafter.

And here we ſhulde ſaye ſomwhat of the greate errour that many do commyt in taking one veyne for an other, for by ſuch errours is the venym drawen many tymes vnto the herte, and ſo procureth deathe vnto the pacient.

Wherefore that ye may not be diſceyued,euer in the peſtilence lette him blood on that ſyde that the ſore is on, and not on the contrarye ſyde,in anye wyſe, for that ſhulde drawe the venim ouerthwarte the membres ſpirytuall, and ſo deſtroye the man.

But or euer ye lette him blood, it is good to gyue ſome good and holſome medicine agaynſt the venyme, ſuch as is declared in the chapters herbefore.

If the botche appeare vnderneth the eares, let him blood in the hed veyne of yͤ ſame arme, or els in the braunche of the ſame veyne, which is vpon the hand, betwene the myddle fynger and the nexte that is adioynynge,

If it appeare vnder the throte, take the ſame veyne, and within a whyle after, it is good to open the .ii. veynes vnderneth the tongue.

If the ſore be ſette within the armeholes, take the veyne called mediana, whiche is betwene the foreſayd heade veyne, and the veyne commynge from the lyuer.

If the ſore be ſette within the flankes, than ye muſte open the veyne called ſaphena, whiche is about the ancle of the fote, on the inner ſide: and yf ye can not fynde it there, take the branch of it, yͭ is betwene the greate too, and the nexte vnto him, but the lettyng of bloode in that vayne is forbiddē vnto women when they be in healthe.

And yf there apere .ii. botches, one on euery ſyde, Manardus gyueth coūcell to take the right ſide and not the left.

And in caſe there doth appere no ſigne of botche or ſwellyng, than he biddeth you to open both the veines ſaphenas on the right ſide and the lefte.

Notwithſtandynge, Marſilius Ficinus is of a contrarye opinion, and ſayeth that it is beſt when there doth no ſore appere, to take the common veyne on the ryghte arme.

I thynke herein Manardus councel rather to be folowed.

But yf ye ſe the botche ſtandyng outwarde more towarde the bounche, thā ye muſt open the veyne called ſciatica, whyche is aboute the ancle of the fote on the outſyde. ¶The whiche openynge of the veines muſte be done as ſone as is poſſible, alwaye preſupposed, that he hath receiued one or other medicine agaynſte the venym, and that he ſleape not in any wiſe, as is afore mẽcioned.

And to them that can not lawfullye be letten blood, ye muſt in all haſt applye many ventoſes, with ſcarificatiõ or withoute ſcarifienge, as it ſemethe beſt to your diſcretiõ, ſo ye take a reaſonable order thus. If the ſoore be vnder the eares, or about the throte, lette youre ventoſes be applyed behynd vpon the necke.

If the botch appeare vnder the armes, ſet your ventoſes behynde vpon the ſhulders. If the ſore be in the flanke, or thyes, lette your ventoſes be ſette vpon the buttockes.

And yf the pacient be replete wyth humours and ſtronge, hauing no fluxe nor other impediment, & ye thynke he nedeth to be purged: ye may gyue him in yͤ mornyng .i. ounce of caſſia, or of manna, with a litle dy aprunis laxatiue more or leſſe, according to ẏ pacientes neceſſitie, tempered with water of ſcabiouſe, ſorell, or endiue, euer takynge hede, that he do receiue ſome medicine againſt the venim, during al the time of his diſeaſe.

¶ The fifth Chapiter, of applycation of outward medicines.

HEre is to be noted ẏ no maner plaſter repercuſſiue, mai be ſet vpõ any botch of peſtilẽce. But aſſone as is poſſible, after lettinge bloode, it is good to take an onion, & to make an hole in the middeſt of it, thẽ fil it ful of good triacle, after that ſtoppe it, and ſet it on the harth to roſte, as it were an apple. And when it is roſt ſo longe tylle it be tendre, let it cole a litle: and ſet it hote vpon the botche, and when it hath bene there by the ſpace of two houres, take it of, and laye an other on.

Or take a cocke and pull the fethers of, about his foundamente, & put a litle ſalt in it, and ſet his foundamente vpõ the ſaide botche, keping him on a good whyle, ſtoppyng many times his byll, that his breth may be reteyned, & let hym blowe againe. And yf yͤ cocke dye, it ſhall be good to take another yonge cocke, and ſplytte it quycke aſounder, and lay it on yͤ botch, but ye muſte cõmaũde them that take them of, to caſt thẽ in yͤ fyre, and not to take the ſauour whẽ it is remoued: for that is verye daũgerous. Some there be yͤ lay aboute yͤ ſore, water leches called bloodſuckers, and it is very good, ſo they be well prepared, & clenſed, from corrupciõ. Other apply ventoſes with ſcarificatiõ, but they ought fyrſt to be applied withouten any ſcarifying, ſo they ſhal yͤ better drawe yͤ venym out.

Other lay therto a playſter made of galbanũ, diaquilõ, & armoniake, incorporate togyther, & ſome other lay on it a plaiſter made of figges, ſoure leuē, & reiſins without kernels, braied & incorporate al togyther in oyle of camomylle. There be alſo yͭ ſet vpon the botche an herbe called crowefoote, which is very hote, & maketh a bliſter on yͤ ſkinne, & that ſame they breake, and kepe the place open many dayes after. And in that caſe, yf the botch be in the verye arme holes: it is beſte to ſet yͤ ſayd herbe a loft vpon the arme.

And ſome other breake the forſayde botche with a ſtronge ruptory, hauing part of maturatiō, as for exāple thus. Take ſowre leuen foure ounces, muſtarde, rue, ſcabiouſe, wormewood, of euery one an handfull, white lilly rotes, the thyrde parte of all, grene copporoſe two drammes, cantharides in numbre .x. galbani one ounce, old nuttes, and ſomwhat fuſty, or els newe yf ye can not get them, in nūbre .iiii. oile of white lilies, as moch as ſhal ſuffice, ſeeth al the herbes and rootes in oile, accordyng to arte, with a double veſſel,

ſel, that is to ſay: the oyle being in one panne may ſeeth onely by the boiling of the water in an other greate panne, and make a playſter with the reſidue of the ſtuffe in a good fourme. It hath a greate vertue to breake a peſtilence ſore without moch payne, and afore ye lay it on, waſh the ſore with a ſponge dipped in the ſtraynyng of the foreſaid herbes and rotes.

Other take oyle olyue & ſeth it with oken aſſhes, addynge vnto it a litle of blacke ſope, & quicke lyme, and make a plaiſter of the ſame, it is not to be vſed, but in ſtrong complexions.

And al the forſaid waies are to be cõmended. But after one hath vſed thẽ a whyle, & ſeyth they begynne to come to maturation, let him take yͤ counſell of a lerned ſurgeon, or any other of good experience, and to ſet maturatiue emplayſters, vnctions, & bathes, accordyng as becommeth, percing the apoſteme in the ſofteſte place, afterwarde procede with mundificaciõ and incarnacion, euen as in other kindes of appoſtemes: wherein I humblye deſyre them to haue ſome pytie of the poore, that be diſeaſed, & not to fauoure thẽ that haue ynough, but rather take ſomoche of the ryche, that they maye the better haue wherwith to helpe ỹ nedy. And forbycauſe the ſycke maye haue ſome comfort, if in caſe they ſhuld be deſtitute of ſurgeons, I will (beſydes the ſaid medicines whiche they may confidentlye vſe,) deſcribe ſome maturatiue emplayſters that are experte and proued in this cure of peſtilence.

¶ A playſter to rype a botche commynge of the peſtilence.

TAke the mallowes, & the rotes of holyhocke, & onions, aſmuche as ſhal ſuffice, waſhe them and ſeeth them in water, & afterward bray thẽ in a morter with pouder of lineſeed, and of fenugreke, and a good quantitie of ſwines greſe freſhe, laying on the plaiſter euery day once.

¶ An other for the ſame.

TAke white diptany an ounce ⁊ an halfe, the rote of walwort an ounce, the rotes of creſſes halfe an ounce, white onions .ii. oūces, ſeeth the rotes in water, and roſt the onyon vpon the coles, then ſtampe thē al togither, addyng of oyle of camomil .iii. ounces, roſyn one ounce, nettle ſeede ſyxe drammes, waxe, aſmuch as ſhall ſuffice, and make a goodlye playſter or an oyntmente at your pleaſure, for it ripeth the ſayd botch in a ſhorte ſpace and conſumeth ẏ venyme, and is good aſwell for yonge men as for olde.

And afore that it be thorough rype, cauſe it to be perced as it is ſaid afore. And if after the ſayd percing there be great payne, take the yolke of an egge wel beaten, and a lytle oyle of roſes, ⁊ annoynte a tent therin, and put into ẏ ſore, for to ceaſe the payne. Afterwar mundifye the place with a ſalue made of yolkes of egges, fine barly floure, ⁊ a lytle hony of roſes. Laſt of al, for the perfecte incarnacion, take the iuyce of

payſes,

bayſes, and with a lytle waxe make a ſofte oyntmente, and vſe it, or ye maye lay therto any other ſalue incarnatiue as ye are wonte to do in other clene ſores. Prouided alwaye yͭ it is better in this caſe, to breake yͤ ſore betymes than to tary for the rypyng long, leſte perchaunce yͤ venym beyng included, gather ſtrength by the putrefaction, & ſo returne agayne vnto the hart: therfore open it, afore it come to rypyng, & after procede with your maturatiues, and other holſome playſters.

Thus moche haue I ſpoken of ſurgery, in the exterior cure of one that hath the botch, ſo farre s god hath giuen me vnderſtandinge o perceyue, accordyng to the mindes of ſuch famouſe clerkes, as haue moſt ffectually written of the ſame. Now will I declare a lytle of the exterior ure of him that hath no botch at all, nd yet is ſore infected with the peſtilence. For the noble handy worke of urgery, is conuenient to the both, as wytneſſeth Marſilius Ficinus, in his booke of peſtilēce in the .xi. Chapiter. And the fourme of it is thys.

After that the pacient hath receiued ſome good & holſome medicine againſt the peſtilence, and ſwette (or after lettynge blode, yf the caſe do ſo requyre) by & by ye muſte apple your labour to take away the reſidue of the venyme, that remaineth in yͤ body. And to tha intent ye ought to make a ruptorie o ſowre leuen & cantharides, or other aboue reherſed, & ſet it on the muſcule of the right arme, vnder the cubite, o the parte where as the pulſe lieth, bu not vpon the pulſe it ſelfe, and ſo procure a blyſtre, whiche ye ſhal immediatly cut of, and kepe the ſore runnin many dayes after, yͤ longer the bett for the pacient.

An other iſſue ye maye make in th ſame maner, vpō his right legge, fou figers aboue his heele toward the inſteppe, and kepe it open lykewiſe, til moneth or two after he be recouere

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¶ The .vi. Chapiter, of the cure of carbuncles and anthrax.

As concernyng the curation both of a carbuncle & the peſtilence ſore called anthrax, ye maye doe euerye thynge accordyng as we ſpake afore in the generall cure of the peſtilence, bothe as touchinge diete, medicines agaynſt the venyme, cordialles, laxatiues, blood lettinges, & ventoſes, ye ſhal heale them as ye heale the botch, in al thinges. But as touching lettīge blood, when ye ſe a carbūcle or an anthrax by him ſelfe without apoſteme of ẏ emunctoryes, be it vpō the necke, or vpon the throte, or the face, or the head, ye muſt let him blood in the head veyne. If it be vpon the ſhoulders, breſtes, or arme or other place aboue ẏ nauyl, take the veine called mediana. And yf it be beneth the ſayde places, downe vnto the knees, take the veyne ſaphena, but yf it be on the outſyde of the thygh, take the veyne ſciatica, euer vpon the ſide that the ſore is on, (as is ſayd afore) conſyderyng the complexion, the ſtrength, the age, and the qualitie of the blood, euen as is ſaid in the chapter of the botch, and likewiſe applye the ventoſes vpon them that can not beare flebothomye.

Whyche thynges preſuppoſed, it is good to ſet vpō the carbūcle, whether it be with botch or without botch, the yolke of an egge, incorporate with as much ſalt as ye cā tēper with it, renuyng it euery houre duryng a hole day. Or els apply the ſayd leches or blood ſuckers round aboute the ſore, & after they haue ſucked oute the bloode, ſet theron a cocke as is ſaid of the botch, or els a doue al hote ſplitte in yͤ middle. And he that can not gette th leches, yet let hym not fayle to apply the reſidue of yͤ ſayd medicines, euer one after other as afore is ſayde.

Or a hote lofe commynge out of th ouen, or take a ſower pomgranad, an cut and ſeeth it in vinegre, or ſcabiou bruſed betwen two ſtones, or the rote of daiſes, or good ſowre dough, incorporate with ſalt and a litle oyle oliue: all theſe medicines are good to kyl the carbuncle.

The precious ſtone called a ſaphyre hath alſo great vertue againſt venime and ſpecially againſt a carbuncle, yf ye touche it with the ſtone, and drawe it round about the ſore by the ſpace of an houre. But whatſoeuer medicine ye ſet vnto a carbuncle, ye muſt laye a defenſiue about the ſore, whiche is made as hereafter foloweth.

¶ A good defenſiue.

Take ſanguis draconis, and bole armeni, of ech a like much, make them in pouder and incorporate them wyth oyle of roſes, and a litle vineger, and lay it in a cloth al about the ſore, without touching any part of it, & renew it when it is harde and drye. But yf the perſon be of good abilitie and the carbuncle veri fearce and burning, cannot bee quenched with the meanes aforeſayde, than ye muſte procede with an actual or potencial cauterie, and to remoue the eſcare, laye on capons grece or a litle butter, or els a playſter made of mallowe leaues, holihokes, violettes, lily rotes ſodden in broth of netes fete or other fleſhe, & afterward ſtamped, ſtreyned, & vpon the fyer mingled with pouder of lineſeede, barly floure, beane floure, freſhe butter, and ſwines grece, adding in the ende whan ye take it of, two yolkes of egges and a litle ſaffron, and ſtyrre it wel about.

This is good alſo to rype the foreſayd ſore, afterwarde mundify and heale as is ſayde in the other chapter.

I could declare many other remedies, but I let thē that haue bene often proued, and that be moſt eaſye for to gett at nede, deſyring al them that ſhall vſe theſe my ſimple labours, to accept my good wyll vnto the beſte, and to pray to God almyghtye for his grace, vnt whom only be al laude glorye and honor, world wythout end, Amen.

¶ A declaracion of the veines in mannes bodye, and to what diſeaſes and infirmities the opening of euery one of them do ſerue.

It is not vnknowen to anye which haue ſeene Anathomies, how ther be in a mans bodye .ii. kyndes of veines, generall and ſpeciall.

Generall or commune veynes are .iii. which appeare in the middeſt of euery mannes arme on the inner ſyde, & of them the higheſt is called of learned mē cephalica, or the head veine, and the loweſt of al three, is called commonly baſilica or regia, in the righte arme by an other name epatica, or the veine of the liuer, but in the left arme, it is called pulmatica, the veine of the longes.

¶ The .iii. common veine, lieth betwene the other .ii. in the middes, and is named cordiaca, or the veine of the heart.

¶ The fyrſt that we dyd ſpeake of, th it is to ſaie cephalica, is a veine moſt apt to be letten bloude, in al yͤ hyer partes of mannes body, and is opened for the head ache, and the eyes.

¶ This veine yf by chaunce ye touche it, and yf it blede not at the fyrſt ſtroke ye may be bold to ſtrike it once again, for there is no ieopardye of cutting of anye muſcle. And yf ye cannot finde it out, take hys braunche that is aboute the thombes ende.

¶ The veine epatica, emptyeth from the middle partes of al the body, and it is euer opened againſt diſeaſes of the ſtomake, and yͤ ſplene, but ye ought therin to be very dilygent, that there be no muſcule perced.

If ye can not ſpie it in the arme, ſeke the braunche of it betwen the litle finger and the fourth.

The cordiaca veine draweth bloud as wel from beneth, as from aboue, for it is cōpouned of cephalica and epatica.

If any feleth a weakenes at his heart, he ought to take good hede that he bee not opened in ỹ veine cordiaca, but yf neceſſitye be of bleding, let him blede in the cephalica or els mediana.

So likewiſe of the other .ii. The cordiaca, is good to cure the paſſions of al the hole bodye, whan they doe procede of heate, ſpecially of the hearte and of the longes.

But in the percing of it, ye muſte excedyngly beware, for vnder it is a certain muſcle, which if it bee very depelye cutte, the pacient is in ieopardy of his lyfe.

When ye entend to let a perſon bloud in any veine, ye muſte bathe the arme wherin ye perce, in good hote water, & draw ỹ hole abrod, ỹ the groſſe bloude may the moꝛe eaſily paſſe. And here is to be noted, that in all ſickeneſſes and times (except only infeccion of ye peſtilence) ye muſte take the ſame veyne of the .iii. that doth appeare fuller & bigger thā ye other are, foꝛ by that ye may perceiue that the members which belonge vnto it, are full of ſuperfluityes of to hote bloud, and this ſhalbe ſuffycient of the foꝛeſayde veynes general: now we wil reherce ye veines ſpeciall.

¶ The veine in the higher parte of the foꝛehead, is good to be opened i al diſeaſes of the heade, & of the bꝛaine, ſpecially yf they be of long continuaunce, and it cureth the newe begonne lepꝛy.

¶ The .ii. veines that are behinde the eares, are opened to pꝛeſerue ye memory, mundify the face, and to take away rumes and diſtillacions from ye head, and are good generallye in all diſeaſes of the mouth, and of the gummes.

¶ The .ii. veines of the temples of the head, are good to voide humours from the eyes, and they ſerue alſo foꝛ al diſeaſes of the eares.

The .ii. veines in the corners of the iyes are opened in the cure of webbes, ſpottes, cloudes, miſtes, perles, rednes, cornes, and other infirmityes and weakeneſſe of the ſyght.

The .ii. veines in the holowneſſe of the eares, ſerue to heale the ſhaking of the heade, ſwymminge of the eyes, doſines, ſounding of the eares, new deafnes, and vnclennes of the mouth.

The veine in the tippe of the noſe, is good againſte apoſtemes of the heade, reumes, and fluxes of the iyes, it pourgeth the brain, and comforteth the memorye.

This veine muſt bee ſoughte verye wyſely, for it lyeth depe, therfore he yͭ wyl be ſure of it, ſhall fynde it euen in the verye middes betwene the twoo ſides of the noſe ende.

The two veines within the noſethrilles, are opened againſt the heauyneſ of the head.

The veine of the lippes, is good to

take in al diſeaſes of the mouth.

¶The .ii. veines within the mouth, are opened ĩ diſeaſes of yͤ head, toth ache, payne of the iawes, mouth and throte, and agaynſt frecles of the face.

¶The foure veines in the palate of the mouth, are good to bee opened in the toth ache, reumes and catarres of the heade.

¶The two veines in the hynder part of the head, are good againſt the phreneſye, ſwimming, aſtonying, and al other paines of the heade.

¶The .ii. veines vnderneth the tong are opened againſt the fluxes of the heade, palſies, quincies, ſcrophules, apoplexia, cough, paines of the mouth, teeth, & gummes, againſt impedimentes of the ſpeche, and generally in all diſeaſes of the breaſt, hearte, longes and arteries.

¶The veyne that is betwene the chyn, and the nether lip, is good to open in curyng of a ſtynkyng breath.

¶The veine that lieth ryght vnderneth the chynne, is good agaynſte the ſame diſeaſe.

diſeaſe, and alſo in diſeaſes of the head & of the breaſte, polipus in yͤ noſe, paines of the chekes, ſtinking of the noſethriles, ſcrophules and ſpottes aboute the face. The .ii. veines of yͤ necke (one afore, another behynde) are exceedynge good againſt the pleureſie, newe lepry, ſhakynge of the members, humours, and diſtillacions of the heade, and to muche ſtyfneſſe of lymmes.

The .ii. veines vnder the arme holes, ſerue againſt yͤ ſtraitnes of the breaſt, payne of the mydryfe, and the longes, and agaynſt difficultye of breathyng, called aſthma.

The two veynes aboue the elbowes are taken in all diſeaſes of the breaſt, ſwymmyng of the heade, ſpaſme, and epilepſia, commonly called the falling euyll. Vena purpurea, or the purple veine lyyng in the ryght arme nexte epatica, toward the hande, is opened againſt diſeaſes of ſpirituall members, and of the bowels.

The veyne illiaca nexte vnto the purple veyne, yf it bee well taken, is good to heale the paines of all the inwarde members.

Uena pulſatilis, or the beatyng veine is good againſt the tremblynge of the heart, ſwowning, and cardiaca paſſio.

The .ii. veines of the thumbes, are opened in diſeaſes of the head, bleared eyes, and agaynſt the moſte part of all feuers.

The veyne betwene the forefinger and the thombe, is good for ſtoppynge of the head, and to purge the ſuperflui- tye of cholere, is good in agues, and in all diſeaſes of the eyes.

The veine that is betwene the ring finger, and the litle (yf it bee opened taketh awaye diſeaſes of the head, th longes, and of the ſplene.

The veine called ſaluatella in yͤ rygh hand, betwene the litle finger and th next adioyninge, is opened in opilac ons of the breaſt, againſt the gumm matter of the eyes, perbraking, yelo iaundis, paynes ⁊ colikes in the ryg

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ſyde of the belly. And in the left hande it is opened againſte all diſeaſes of the ſplene commyng of replecion and oppilacion, and is good to heale the hemoroides, phreneſy, colikes in the left ſyde, dyſeaſes of the veines, & to much aboundaunce of the floures.

The veine of the right ſyde, yf it bee opened, is good in lyenteria, diſſuria, dropſyes and other infyrmities cauſed of colde matter.

The veine of the lefte ſyde is good againſt apoſtemes and excoriacions of the bladder, paines of ẏ loines, ſwelling and ſtoppyng of the ſplene.

The veine of the belly is good againſt diſeaſes of the reines, and purgeth out the melancholy bloude.

The.iiii.veines about the place called pectẽ, on either ſide the priuy mẽbers, re good againſt ſuperfluous yſſues of he hemoroides, and to ſwage payne in l diſeaſes of the bladder, & the ſecrete laces, they ſtoppe the bledynge of the oſe, & of other mẽbers, and are good to heale the lienterye and ſtrangurye.

¶The veine ouer the foreſkynne of the yearde, is opened agaynſt the dropſye and al dyſeaſes of the ſame member.

¶The veyne vnderneth the ſaide ſkinne is holſome to be taken for the cramp, or ſpaſme, colike, ſwelling of ye coddes, ſtrangurye, dyſſurye, and dyſeaſes of the ſtone, both in the reines and in the bladder.

¶The two veynes of the thyghes haue a ſynguler vertue in the curyng of diſeaſes in the bladder, and the reines.

¶The twoo veynes in the legges, dooe ſerue agaynſt the dropſye, payne and apoſtemations of the bladder, and the reines, and the priuy members, and againſt gout and ſwelling of the knees.

¶The veyne ſaphena on the inner ſyde of the legge, is opened againſt retencion of the flowres, and in all diſeaſes of the matryce, reynes, hyppes, pryuye places of men and women.

¶The outwarde ſaphena, otherwyſe called ſciatica, deſcendynge from the legges on yͤ outſide, is exceedinge good in curing the paine of the huckle bone, whereof it hath the name ſciatica, and ouer that it healeth all dyſeaſes of the bladder, and the bowels, goute of the handes and of the feete, wyth other payne of the ioyntes, and the palſye.

The two outwarde veynes vpon the ancles, are good to bee opened for retencion of the floures, they take away the ſickenes of the ſplene, and eaſe the payne of the backe, ſtrangurye, and ſtone.

The two veynes vnder the lyttle too, are good to pourge the ſuperfluitye of the matrice, and to heale ſcrophules of the face and the legges.

The two veynes adioynynge to the lytle too, cure the apoplexie, yelow colere, palſye, and all dyſeaſes of the veynes.

The two vaynes in the leſſer ioynte of the litle too, are opened in curynge of an olde cough, puſtles, and ophthalmia in the eyes.

¶The twoo veines in the middle too, are good agaynſte the ſcrophules, and diſeaſes of the face, ſpottes, redneſſe, & pimples, watring of the eyes, cankers and knobbes, and againſt the ſtopping of the floures.

¶The veine on the lefte ioynte in the great too, is good againſt ophthalmia of the eyes, ſpottes of the face and the legges, ytche, and vlcers of euyll complexion, and purgeth ſuperfluities of the matrice.

¶Thus much I haue declared of the vtilitye of veines.

FINIS.

The boke of children.

TO begyn a treatyſe of ẏ cure of childrē, it ſhoulde ſeme expedient, ẏ we ſhould declare ſomwhat of the principles, as of the generacion, the beyng in the womb, the tyme of procedynge, the maner of the byrthe, the byndynge of the nauyl, ſettynge of the members, lauatoryes, nctions, ſwathinges, and entreatementes, with the cyrcumſtaunces of heſe & many other: which if I ſhoulde eherſe in particles, it woulde requyre both a longer tyme, and encreaſe into a greater volume. But foraſmuch as the moſt of theſe thinges are very trite & manifeſt, ſome pertaynyng only to the ffice of a mydwyfe, other for the reuerence of the matter not mete to be diſcloſed to euery vyle perſon: I entende in thys booke to let them all paſſe, and to treat onelyof the thinges neceſſary, as to remoue the ſickneſſes, wherwith the tender babes are oftẽtimes afflicted , and deſolate of remedye, for ſomuche as manye doe ſuppoſe that ther is no cure to be miniſtred vnto thẽ, by reaſon of theyr weakenes. And by that vayne opinion, yea rather by a fooliſhe feare, they forſake manye that myghte be well recouered, as it ſhall appeare by the grace of god hereafter, in thys lytle treatyſe, when we come to declaracion of the medicines. In the mean ſeaſon for continuitye of the matter, I entend to wryte ſomewhat of yͤ nource and of the mylke, with the qualityes, complexions of yͤ ſame, for in that cõſiſteth the chief point and ſumme, no only of yͤ mayntenaunce of health, bu also of the fourmyng or infectyng eyther of the wytte, or maners, as th Poet Vergyl when he would deſcrib

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an vncurteys, churlyſh, & a rude condiſhioned tyraunt, dydde attribute the faute vnto the gyuer of the mylke, as in ſaying thus.

Nec tibi diua parens, generis nec Dardanus author,
Perfide, ſed duris genuit te cautibus horrens Caucaſus, hircaneque admorunt vbera tigres.

For that deuine Poet being throughly expert in ye priuities of nature, vnderſtode ryght wel how great an alteracion euery thynge taketh of the humoure, by the whyche it hath his alymente and nouriſhinge in the youthe: which thynge alſo was conſidred & alleged of many wyſe Philoſophers: Plato, Theophraſtus, Xenophon, Ariſtotle, and Plinie, who dydde aſcribe vnto the nourcement as much effect or more, as to the generacyon. And Phauorinus the Philoſopher (as wryteth Aulus gelius) affirmeth yt yf lambes be nouryſhed with ye milke of goates, they ſhall haue courſe wolle, like the heare of goates: and yf kiddes in lyke maner ſucke vpō ſhepe, ȳ heare of them ſhalbe ſoft lyke wolle. Wherby it doth appeare, that the mylke and nouryſſhyng hath a marueylous effecte in chaunging the complexiō, as we ſe likewiſe in herbes and in plantes, for let the ſeed or ympes be neuer ſo good & pure, yet yf they be put into an vnkynde earth, or watred with a noughty and vnholſome humour, either they come not vp at al, or els they wyll degenerat and turne out of theyr kinde, ſo ȳ ſcarſe it may appeare frō whence they haue ben takē: accordīg to ȳ verſe

Pomaq; degenerant, ſuccos oblita priores.

Wherfore as it is agreing to nature, ſo is it alſo neceſſarye & comly for the own mother to nource the own chyld. Whiche yf it maye be done, it ſhal be moſt cōmendable and holſome, yf not ye muſt be well aduiſed in taking of nource, not of yll complexion and of worſe maners: but ſuch as ſhal be ſobre, honeſte and chaſte, well fourmed, amyable and chearefull, ſo that ſhe may accuſtome the infant vnto myrth, no dronkard, vycyous nor ſluttyſhe, for ſuche corrupteth the nature of the chylde.

But an honeſt woman (ſuche as had a man chyld laſt afore,) is beſt not within two monethes after her delyueraunce, nor approchyng nere vnto her time againe. Theſe thinges oughte to be cõſidred of euery wyſe perſon, that wyll ſet theyr children out to nource. Moreouer, it is good to loke vpon the milke, and to ſe whether it be thicke & groſſe, or to moch thinne and watrye, blackyſſhe or blewe, or enclynyng to redneſſe or yelowe, for all ſuche are vnnaturall and euyll. Likewiſe whẽ ye taſte it in your mouthe, yf it be eyther bytter, ſalte, or ſoure, ye may wel perceyue it is vnholſome.

That mylke is good, that is whyte

and ſweete, and when ye droppe it on your nayle, and do moue your finger, neyther ſtereth abrod at euery ſtering, nor wyll hange faſte vpon your naile, whẽ ye turne it downeward, but that whyche is betwene bothe is beſte. Somtime it chaunceth that the milke waſteth, ſo that yͤ nource can not haue ſufficiente to ſuſteine the child, for the which I wil declare remedies leauing out the cauſes for breuitie of time.

¶ Remedies appropriate to yͤ encreaſyng of mylke in the breſtes.

Paſneppe rootes, and fenelle rootes, ſoddẽ in broth of chickens, & afterward eaten with a litle freſſhe butter, maketh encreaſe of mylke within the breſtes.

¶ An other.

The pouder of earth wormes dryed and dronken in the broth of a neates tonge, is a ſinguler experiment for yͤ ſame intent.

Alſo the broth of an olde cocke, with myntes, cynamome and maces.

Rice

Ryce alſo ſodden in cowes mylke, with the cromes of white breed, fenell ſeede in pouder, and a litle ſugre is exceding good.

¶ An other good medicine for the ſame.

Take Criſtall, and make it in fyne pouder, and myxe it with aſmoche fenell ſeede and ſuger, and vſe to drinke it warme with a litle wyne.

A playſter for the encreaſe of milke.

Take fenell and horehounde, of euery one two handefulles, anys ſeede foure drammes, Saffron a ſcruple in poudre, ſwete butter thre ounces, ſeeth them in water, and make a playſter to be layed vpon the nurces breſtes.

Theſe thynges haue propertie to augment the mylke, dylle, anyſe ſeede, fenelle, criſtal, horehounde, freſh cheſe, honye, lettuſe, beetes, myntes, carette rootes, parſneppes, the dugges or vdder of a cowe or a ſhepe, gootes milke, blaunched almondes, ryce porrigge, a cowes toung dryed and made in pouder.

der, poched egges, ſaffron, and the iuce of roſted veale dronken.

Thus moche of the nource, and of the mylke: nowe wil I declare the infirmities of children.

Althoughe (as affirmeth Plinie,) there be innumerable paſſions & diſeaſes, wherunto the bodye of man is ſubiecte, and as well maye chaunce in the yonge as in the olde: Yet for moſt commonly the tender age of children is chefely vexed & greued with theſe diſeaſes folowyng.

Apoſteme of the brayne.
Swellyng of the heed.
Scalles of the heed.
Watchyng out of meaſure.
Terrible dreames.
The fallyng euill.
The palſeye.
Crampe.
Styfneſſe of lymmes.
Bloodſhoten eyes.
Watryng eyes.
Scabbyneſſe and ytche.

of children.

Diſeaſes in the eares.
Neſyng out of meaſure.
Bredyng of teeth.
Canker in the mouth.
Quynſye, or ſwellyng of throte.
Coughe.
Streaytneſſe of wynde.
Febleneſſe of the ſtomake & vomiting.
Yexyng or hycket.
Colyke and rumblyng in the guttes.
Fluxe of the belly.
Stoppyng of the bellye.
Wormes.
Swellyng of the nauill.
The ſtone.
Pyſſyng in bedde.
Braſtynge.
Fallyng of the ſkynne.
Chafyng of the ſkynne.
Small pockes and meaſels.
Feuers.
Swellyng of the coddes.
Sacer ignis or chingles.
Burnyng and ſcaldyng.
Kybbes.

Conſumpcion.
Leaneneſſe.
Gogle eyes.

¶ Of apoſtemes of the brayne.

IN the fylme that couereth the brayne chaunceth often tymes apoſtemacion & ſwellynge, eyther of to moche crying of ẏ chylde, or by reaſon of the mylke immoderatelye hote, or exceſſe of heate in the bloode, or of colde fleume, and is knowen by theſe ſygnes.

Yf it be of hote matter, the heed of the chylde is vnnaturally ſwollen, redde, and hote in the feelyng: if it come of colde matter, it is ſomwhat ſwollen, pale, and colde in the touchyng, but in bothe caſes the chylde can not reſte, and is euer lothe to haue hys heed touched, cryeth and vexeth it ſelfe, as it were in a freneſye.

¶ Remedye.

Make a bath of mallowes, camomyle, and lyllyes ſodden with a ſhepes heed, tyll the bones fall, and with a ſpong or ſoft cloutes, al to bath the head of the childe in a colde apoſteme, with the broth hote as maye be ſuffered, but in a hote matter were the broth luke warme, or in the cooling, & after the bathe, ſet on a playſter, thus.

A playſtre.

Take fenugreke, camomill, wormwood, of euery one an handfull, ſeethe them in a cloſe veſſell, till the thyrde parte be conſumed, then ſtampe thē in a mortar, and ſtirre them; to the which ye ſhall put of the ſame brothe againe ynough to make a plaſter, with a litle beane floure, yolkes of egges & ſaffrō, adding to them freſh butter or duckes greſe ſufficiente, & applye it. In a cold matter lette it lye a day: but in a hote cauſe ye muſte remoue it euery ſyxe houres.

Of ſwellyng of the heed.

TNflation or ſwellynge of the heed, cōmeth of a wyndye matter, gathered betwene the ſkynne and the fleſhe, and ſometyme betwene the fleſhe and the boones of the ſculle, the tokens wherof are manifeſt ynoughe to the ſyght, by the ſwellyng or puffinge vp, and preſſed with yͤ finger, there remayneth a prynte, whyche is a ſygne of wynde and viſcous humours, ye ſhall heale it thus.

¶Remedye.

Fyrſt let the nourſe auoide al thynges that engendre wynd, ſalt or ſlymy humours, as beanes, peaſō, eles, ſammon, ſaltfyſſhe, and lyke: then make a playſter to the chyldes heed, after this faſhion.

Take an handful of fenel, ſmallache and dylle, and ſeeth them in water in a cloſe veſſel, afterwarde ſtampe them, and with a lytle cummyne, and oyle of bytter almondes, make it vp, and laye it often to the childes heed, warme. In defaulte of oyle of almons take goſegreſe, adding a litle vinegre. And it is good to bathe the place with a ſofte cloute, or a ſponge in the broth of theſe herbes: Rue, tyme, maioryme, hyſope, fenell, dylle, comyne, ſal nitre, myntes, radyſh rotes, rocket, or ſome of them, euer takyng heede, that there droppe no porcion of the medicines in the babes eyes, mouthe, or eares.

¶ Scalles of the head.

The heades of chyldrē are oftētymes vlcered, & ſcalled, aſwel when they ſucke, and thē moſt commonly by reaſon of ſharpe milke, as alſo when they haue bene weaned, & can go alone. Sometimes it happeneth of an euil complexion of humours by eatyng of rawe frute, or other euill meates, and ſomtyme by onge continuynge in the ſonne, many ymes by droppyng of reſtye bacon, or f ſalte beefe on theyr bare heades.

Other whyles they be ſo borne out o
theyr mothers wombe, and in al the
is no greate difficultie til the heere b
growen: but after that, they requyre
greater cure, and a conning hand, no
withſtandynge as God ſhall gyue m
grace, here ſhal be ſayde remedyes fo
the cure of them, ſuch as haue ben o
tentymes approued: wherin I hau
entended to omyt the diſputacions o
the dyfference of ſcalles, and the hu
mours whereof they do proceade, an
wyl go ſtrayght to the compoſicion o
medicynes, folowyng the good expe
ryence, here enſuynge.

¶ Remedyes for ſcalles.

If ye ſe the ſcalles lyke the ſhelle
of oyſters, blacke and drye, cleauing
upon the ſkynne, one within an othe
ye maye make a fomentacion of hoo
and moyſte herbes, as fenugreke, ho
hocke, beares breache, lyneſeede, an
ſuche other, ſodden al or ſome of the
in the brothe of netes feete, and ſo t
bathe the ſores, and after that apply
a ſo

a ſoft plaiſtre of the ſame herbes, with goſegreſe or butter, vſynge thys ſtyll, tyl ye ſe the ſcabbe remoued, and then waſſhe it with the iuce of horehounde, ſmallach and betony, ſodden togither in wyne, and after the waſſhyng put vpō it pouder of myrre, aloes and frāunſence, or holde his heed ouer a chafyngdiſſhe of coles, wherin ye ſhal put rankenſence and ſaunders in pouder. But yf ye ſe the ſcabbes be verye ſore nd mattrye wyth great payne, & burnynge of the heede, ye ſhall make an yntment to coole the matter thus.

¶ An oyntment to coole the burnynge of a ſore heade.

Take white leade and lytarge, of eery one .v. drammes, lye made of the ſhes of a vyne .iii. drammes, oyle of oſes, an ounce, waxe, an ounce, melte e waxe fyrſte, than putte to the oyle nd lye, with the reſte, and in the ende yolkes of egges, make an oyntmēt, d laye it to the head. Thys is the mpoſicion of Raſis.

An

¶ An other oyntment ſinguler foꝛ the ſame pourpoſe.

Take betony, grounſwel, plantayn
fumytoꝛie, and dayſes, of euerye o
lyke moche, ſtampe them, and myng
them with a pounde of freſſhe ſwin
grece, and lette them ſtand cloſed in
moyſt place. viii. dayes, to putrify, t
frye them in a panne, and ſtraine the
into a cleane veſſel and ye ſhal hau
grene ointment of a ſinguler operac
foꝛ the ſayd dyſeaſe, and to quenc
all vnkind heates of the bodye.

Alſo ye muſt vſe to ſhaue the hea
what ſo euer thiges ye doe lai vnto
If there lacketh the cleanſig of the ſ
res, and the chylde weaned, ye ſhal d
wel to make an oyntment of a ly
turpentyne, bulles gall, and hony, a
lay vpon the ſoꝛes.

Alſo it is pꝛoued, that the vꝛyne o
bulle, is a ſinguler remedy to mūdi
the ſoꝛes, and to loce the heares by t
rootes, without any peyne oꝛ pille

The iuyce alſo of moꝛel, dayſye l

p

nes and groundſwel fryed with grece and made in an oyntmente, cooleth al vnkynde heates, and puſtles, of the heade.

Here is to be noted, that durynge thys diſeaſe in a ſuckynge chylde, the nourſe muſt auoyde al ſalt, and ſower meates that engẽder cholere, as muſtarde, vinegre, and ſuche: and al maner frutes, (excepte a pomegranate) and ſhe muſte abſtayne in thys caſe, bothe from egges, and from other kynde of white meates in general, and aboue al ſhe may eate no dates, figges, nor purſlane, for many holde opynion that purcelane hath an euyll propertye to brede ſcabbes and vlcers in the head. Morouer the childes head may not be kept to hote, for that is oftentymes the cauſe of thys diſeaſe.

Sometymes it chaunceth that there breadeth in the head of chyldren as it were litle wartes or knobbes ſomewhat hard, and can not be reſolued by ye ſaid medicines. Wherfore whẽ ye ſe that none other thyng wyll healp ye ſhall make a good oyntment to re moue it, in maner as herafter is decl red.

¶ An excellent remedy for wartes or knobbes of the heade.

Take lytarge and whyte lead, of ech a like quantitie, brymſtome & quick ſyluer quenched with ſpittle, of eche leſſe quantity, twiſe aſmoch oile of roſes, and a ſponefulle or.ii. of vinegr mixe them al togither, on a marble, t they be an oyntment, and lay it on th head, & whan it hath ben dry an hour or.ii. waſſhe it of, with water, wheri was ſoddẽ maiorym, ſauery and mintes, vſe it thus twyſe a daye, mornin and euenynge tylle ye ſe it hole. Th thyng is alſo good in al the other kin of ſcalles.

¶ Of watchyng out of meaſure.

SLepe is the nouryſhment and foo of a ſuckyng chylde, and aſmuch requiſite as the very tete, wherfore wh it is depriued of the naturall reſte, all the hole body falleth in diſtemper, crudite and weakenes, it procedeth commonly by corrupcion of the mylke, or to muche aboundaunce which ouerladeth the ſtomake, & for lacke of good dygeſtyon, vapours and fumes aryſe into the head, and infect the braine, by reaſon wherof the childe cannot ſlepe, but turneth and vexeth it ſelfe wyth crying. Therefore it ſhall bee good to prouoke it to a naturall ſlepe thus, accordyng to Raſis.

Annoynte the foreheade and temples of the chylde, wyth oyle of vyolettes and vineger, puttynge a droppe or two in the noſethrylles, and yf ye can gette any ſyrupe of poppye, geue it the chylde to lycke, and than make a playſter of oyle of ſaffron, lettuſe, and the iuyce of poppye, or wette cloutes in it, and laye it ouertwharte the temples.

Alſo the ſeades and the heades of poppye, called cheſſbolles, ſtamped wyth roſewater, and myrte wyth womans mylke, and the white of an egge, beaten al together and made in a plaiſter, cauſeth the chylde to receiue hys natural ſlepe.

Alſo an ointmente made of the ſeede of popy and the heades, one ounce, oile of lettuſe, and of poppe, of eche .ii. ounces, make an ointement and vſe it.

They that can not gette theſe oyles, maye take the herbes, or iuyce of lettuſe, purcelane, houſeleke, and poppe, & with womans mylke, make a playſter, and laye it to the forehead.

Oyle of violettes, of roſes, of nenuphar, are good, and oyle of populeon, the broth of mallowes ſodden, and the iuyce of water plantayne.

¶ Of terrible dreames and feare in the ſlepe.

OFtentymes it happeneth that the child is afraid in the ſlepe, and ſometimes waketh ſoddainly, and ſterteth, ſometime ſhriketh and trembleth, which effect commeth of the aryſyng of ſtynking vapours, out of the ſtomake into the fantaſye, and ſences of the brayne, as ye maye perceyue by the breath of the chylde: wherfore it is good to geue him a litle hony to ſwallow, and a lytle pouder of the ſeedes of peonye, and ſometymes treacle, in a litle quantity with milke, and to take hede that the chylde ſleepe not with a full ſtomake. but to beare it about wakyng, tyl part bee dygeſted, and whan that it is laide, not to rocke it much, for ouermuch ſhaking letteth digeſtion, and maketh the chylde many tymes to vomyte.

¶ The fallynge euyll called in the greke tonge epilepſia.

Not only other ages but alſo lytle chyldren, are oftentimes afflycted, wyth this gryeuouſe ſyckenes, ſome tyme by nature receyued of the parentes, and thā it is impoſſible, or difficile to cure, ſometime by euil & vnholſome diet, whereby there is engendred many colde and moiſt humors in the brayne, wherupō this infirmity procedeth, which if it be in one that is younge and tender, it is very hard to be remoued, but in them that are ſomewhat ſtrong, as of ſeuen yeres and vpwarde, it is more eaſye.

I fynde that manye thynges haue a natural vertue againſt ẏ falling euill, not of any qualitye elementall, but by a ſinguler propertye, or rather an influence of heauen, whiche almyghtye god hathe geuen vnto thynges here in earth, as be theſe and other.

Saphires, ſmaragdes, redde coral, piony, myſtletow of the oke takē in the moneth of March, and the moone decreaſynge, tyme, ſauein, dylle and the ſtone that is founde in the bellye of a yong ſwallow being the firſt brood of the dame. Theſe or one of them, hanged about the necke of the child, ſaueth and preſerueth it, from the ſayd ſickenes. Now wil I deſcribe ſome good & holſome medicines to be takē inward for theſame diſeaſe.

If the chylde be not very young, the mawe of a leueret, dronke with water and honye cureth theſame.

¶ A medicine for the fallinge ſyckeneſſe.

Take the roote of pionye, and make it into pouder and geue it to the childe to lycke in a litle pappe and ſuger. They that are of age, maye eate of it a good quantity at once and likewiſe of the blacke ſedes of theſame piony. Item the purple violettes that creapeth on the ground in gardeines with a longe ſtalke, and is called in engliſhe and fryed meates , but abſtaine from mylke and al maner fyſhe. And it ſhall be good for her, to eat a lectuary made after this ſorte.

¶Take nuntis, cinamone, cumine, roſe leaues dryed, maſtike, fenugreke, valerian, ameos doronisi, zedoarye, cloues, ſaunders, and lignum aloes, of euerye one a dramme, muſke half one drāme, make an electuary with clarified hony, and let her eat of it , and geue the chylde as muche as halfe a nut euerye daye to ſwallow.

A plaiſter.

¶Take an ounce of waxe, and a dramme of euphorbium, at the potecaries , and temper it with oyle olyue on the fyer, and make a ſerecloth, to coumforte the backe bone , and the ſinewes.

¶A goodly lauatorye for the ſame purpoſe.

¶Take lye of aſhes, and ſeeth therein baye buryes, and aſmuch piony ſedes, in a cloſe veſſel to the thyrde parte, and waſhe the childe often with the ſame.

Item a bathe of ſauerye, marozym, tyme, ſage, nepte, ſmallage, & mintes, or ſome of them is verye good and holeſome.

Alſo to rubbe the backe of the chylde and the limmes, with oyles of roſes, and ſpyke, myxte together warme, and in ſtede of it ye mai take oyle of baies.

¶ Of the crampe or ſpaſmus.

THis diſeaſe is often ſene amōg chyldren and commeth verye ſpyghtely, as of debilytye of the nerues and cordes, or elles of groſſe humors, that ſuffocate the ſame: the cure of ẏ whiche is declared of authours to bee doone by friccions and oyntmentes that comforte the ſinowes & diſſolue the matter, as oile of flouredeluyce, with a litle anyſe, ſaffron and the rootes of pionie

Item oyle of camomil, fenugreke, and mellilote, or the herbes ſoddē, betony, wormewood, veruayne, and tyme, are exceding good to waſhe the chylde in.

Item the plaiſter of euphorbium,
written in the cure of palſey.

Of the ſtifnes or ſtarknes of limmes.

Sometime it happeneth
the lymmes are ſtarke,
can not well come together, withoute the greater peyne, whiche thynge
procedeth mani times of
cold, as when a chylde is found in the
froſt or in the ſtreete, caſte awaye by a
wycked mother, or by ſome othe
chaunce, although I am not ignoraun
that it maye procede of manye othe
cauſes, as it is ſayde of Raſis, and o
Arnolde de villa noua, in his boke o
the cure of infantes.

And here is to bee noted, a wonder
full ſecret of nature, manye tymes approued, written of Auicenne in hy
fyrſte Canon, and of Celius Antiqua
rum lectionū, libro .xiii. capit. xxxvi
that when a mēber is vtterly benum
med and taken through colde, ſo tha

the paciente cannot feele hys lymmes nor moue them accordynge to nature, by reaſon of the vehement congelaciō of yͤ bloud, in ſuch caſe yͤ chiefeſt help or remedy is not to ſet them to the fyer to receiue heat, for by that meanes, lightly we ſe that euery one ſwowneth and manye dye outeryghte, but to ſette the feete, legges, and armes in a payle of clere colde water, whiche immediatly ſhal diſſolue the congelaciō, and reſtore the bloude to the former paſſage and fredome, after that ye mai lay the pacient in a bed to ſweate, and geue him hote drinke and caudels or a uleis of a capon hote, with a litle cinamome & ſaffrō to cōfort the hart. An argument of this cure ye may ſe thus.

When an apple or a pere is froſen in the winter ſette it to the fyer, and it is deſtroyed: but yf ye putte it into colde water it ſhall as well endure, as it did afore, whereby it doth appere, that the water reſolueth colde, better with his moyſture, than the fyer can do by reaſon of his heate : for the water relenteth and the fyer draweth and dryeth as affyrmeth Galene in hys booke o elementes.

Hitherto haue I declined by occaſ on, but I truſt not in vayne to the reader, now to my purpoſe.

When a yonge childe is ſo taken wit a colde, I eſteme it beſt for to bath th bodye in luke warme water, wherei hath bene ſodden maiorim and time, ſope, ſage, mintes, & ſuche other goo and comfortable herbes, thē to relieu it with meates of good nouriſhmen accordyng to the age and neceſſity, an yf neede be, when ye ſe the limmes y to be ſtarke, make an oyntmente aft this fourme.

An oyntment for ſtyffe and ſtoyned limmes.

Take a good handefull of nettles, an ſtampe them, then ſeth them in oyle the thirde part in a double veſſel, ke that oyntmēt in a drye place, for it w laſt a great while, and is a ſinguler r med medy for the ſtyfnes that commeth of cold, & whoſo anoynteth hys handes & fete with it in the morning, ſhal not be grieued with colde al the daye after.

The ſedes of nettles gathered in harueſte and kepte for the ſame entente, is cedyng good ſodden in oyle, or fryed with ſwines grece, which thing alſo is verye good to heale the kybes of heeles, called in latin Perniones. The rine of a goate with the donge ſtamped and layed to the place, reſolueth the ſtifnes of limmes.

When the cauſe commeth not by extreme cold, but of ſome other affeccion of the ſinowes and cordes, it is beſt to make a bath or a fomẽtaciō of herbes that reſolue and comfort the ſinowes, with relaxacion of the groſſe humors, to open the pores, as by exāple thus.

Take malowes, holyhocke and dyl, of eche a handful or two, ſeth them in the water of netes fete, or in broth of fleſh without ſalt, with a handful of branne and commine, in the which ye ſhall bath

the chyld, as warme as he may ſuffe
and yf ye ſee neceſſitie, make a plaiſt
with the ſame herbes, and lay it to th
griefe with a litle goſegreece, or duck
grece, or if it may be gotten, oyle of c
momil, of lylyes, and of dyll. Cloute
wette in the ſayde decoccion, and la
about the members, helpeth.

Of bloude ſhotten eyes, and other infyrmityes.

Sometyme the eyes a
bloudeſhotten, and oth
whiles encreaſing a fil
and white humour, cou
ring the ſight, the cauſe
often of to much crying, for the wh
it is good to drop in the eyes a litle
the iuyce of nighteſhade, other w
called morel, and to annoint the fo
head with the ſame, and if the iye ſw
to wette a cloute in the iuice, and
white of egges, and lay it to the gr

If the humoure bee clammyſhe a
tough, and cleueth to the corners o

ey

eyes, ſo that the chylde can not open them after his ſlepe, it ſhalbe remoued with the iuyce of houſleke dropped on the eye with a fether.

When the eye is bloudeſhotten and redde, it is a ſinguler remedye to putte in it, the bloude of a yonge pigion, or a doue, or a partriche, eyther hoate from the bird, or els dried and made in pouder, as ſubtyl as maye be poſſible.

A playſter for ſwellyng and payne of the eyes.

Take quinces and cromes of white bread, and ſeeth them in water tyl they be ſofte, then ſtampe them, and with a litle ſaffron and the yolkes of twoo egges, make a playſter to the childes eyes and forehead. Ye may let him alſo receiue the fume of that decoction. It is alſo good in the meigrim: yf ye wil haue further, loke in the regiment of lyfe, in the declaracion of paynes of the heade.

Of watryng eyes.

The boke.

If the chyldes eyes water ouermuche withoute crying, by reaſon of a diſtillacion comming from the head, Manardus teacheth a goodlye playſter to reſtrayne the reumes and is made thus.

Hartes horne brent to pouder, and waſhed twiſe, guaiacū, otherwiſe called lignum ſanctum, corticum thuris, antimonie, of eche one part, muſke the iii. part of one parte, make a fine pouder and vſe it with the iuyce or water of fenel. Theſe thinges haue vertue t ſtaunche the running of the eyes. Th ſhelles of ſnayles brent, the ticke tha is found in the dugges of kyne, philypendula, frankenſence & the white o an egge laied vpon ẏ forehead, flewor or the water wherin it is ſteped, tutic ẏ water of buddes of oke ſtilled, bean floure finely ſifted, and with the gūm of a cheritree ſteped in vineger, & lay ouer al the temples.

¶ Of ſcabbyneſſe and ytche.

SOmetyme by reaſon of exceſſe of heate, or ſharpeneſſe in the milke, throughe the nourſes eatyng of ſalt & eygre meates, it happenethe that a chylde is ſene full of ytche by rubbing, fretyng, and chafyng of it ſelfe, encreſyng a ſcabbe called of the Grekes Pſora: whyche thynge alſo chaunceth vnto many after they be weaned, procedinge of ſalte and aduſte humoures, the cure wherof dyfferethe in none other, but accordyng to the difference of age, for in a ſucking babe yͤ medicines may not be ſo ſharpe, as it may be ſuffered in one that is alredye weaned. Againſt ſuche vnkinde ytche, ye maye make an oyntment thus.

Take water of betony.ii.good handfulles, dayſye leaues, & alehofe otherwyſe called tūnour or ground yuye, of eche one handfull, the red docke rotes, two or thre, ſtampe them al togyther, and grinde them wel, then mingle thē with freſſhe greſe, and againe ſtampe them. Let them ſo ſtande .viii. daies to putrifye tyll it be hore, then frye them out and ſtrayne them and kepe it for the ſame entent.

¶Thys oyntment hath a greate effecte, both in yong and olde, and that without repercuſſion or dryuing backe of the matter, whyche ſhoulde be a perylouſe thyng for a yong child.

¶The herbe water betonye alone, is a greate medicyne to quenche al vnkind heates without daūger, or the ſething of it in cleare well water, to annoynte the membres. It is a commen herbe, ⁊ groweth by ryuers ſydes ⁊ ſmal renning waters, and wette places, aryſīg many tymes the heygth of a mā out of the grounde, where he reioyſeth, with a ſtalke foure ſquare, and many braūches on euery ſyde, and alſo it beareth a whytyſh blewe flowre very ſmal, ⁊ in harueſt it hath innumerable ſeedes, blacke, and as fyne as the ſeed of tutſone or leſſe, the leues bygge and lōg, accordyng to the grounde, ful of iuyce, iagged on the ſydes lyke a ſawe, euen as other betonye, to whom it approcheth in figure, & obteineth his name of water betony. ¶The ſauoure of the leafe is ſomwhat heauye, moſte lyke to ẏ ſauoure of elders or walwort, but when it is bruſed it is more pleaſaũt, whych thyng induceth me to vary frõ the myndes of them that thynke this herbe to be Galiopſis in Dioſcorides, wrytten of hym that it ſhulde ſtynke when it is ſtamped, but the more this herbe is ſtamped, the more ſwete and herbelyke it ſauoureth: therfore it can not be galeopſis: and beſides that, it is neuer founde in drye and ſtony groũd as the Galiopſis is. Neyther is thys herbe mencyoned of the newe or olde authours, as farre as I can ſee, but of only Vigo, ẏ famous ſurgion of oure tyme in Italye, whych wryteth on it, that this herbe exceadeth al other in a malo mortuo (ſo calleth he a kynde of leprye elephantyk, or an vniuerſal & fylthy ſcabbe of all the body(:) and in lyke maner he ſayeth it is good for to cure a canker in the breaſtes. Ye maye reade theſe thiges in his ſecond boke. Capitul. iii. and his fifte booke of the Frenche pockes, in the thyrd chapter: where he doth deſcribe thys aforeſaid herbe, with ſo manyfeſte tokens, that no mā wil doubt it to be water betony, cōferryng the boke and the herbe duly togither. Moreouer he nameth in Italye a brydge where it growethe in the water in greate aboundaunce, and is called of yͤ nacion Alabeueratore, which in dede the Italions that come hyther and knowe both the place and the herbe, doe affyrme playnely, it is our water betony.

And where as he allegeth Dioſcorides in clumeno, which by cōtemplaciō of both hath but ſmal affiniti or none with this herbe, it was for nothinge els but lack of the tōges, which faute is not to be ſo highly rebuked in a mā of his ſtudy, applying him ſelfe more in the practyſe of ſurgery, & to handye

operacion

operaciō, wherin in dede he was nere incomparable, then he did to ſearch yͤ variaūce of tonges, & rather regarded to declare yͤ operaciō of thinges with truthe, then to diſpute vpon the propertyes of names with eloquence.

¶ Thus haue I declyned agayne from my matter, partly to ſhewe yͤ deſcripcion of thys holeſome herbe, partelye to ſatiſfie the mindes of yͤ ſurgions in Vigo, whiche haue hitherto redde the ſayd places in vayne, and furthermore bicauſe ther is yet none that declareth manyfeſtly the ſame herbe.

¶ An other remedye for ſcabbes and ytche.

Take the rootes of doches, and frye thē in freſh greſe, then put to it a quātitie of brimſtone in pouder, and vſe to rubbe the places twiſe or thriſe a day. Brimſtone poudred & ſouped in a rere egge healeth the ſcabbes, which thing is alſo very good to deſtroye wormes.

¶ A goodly ſwete ſope for ſcabbes and ytche.

Take whyte ſope halfe a pounde, and ſtepe it in ſuffyciente roſewater, til it be wel ſoked, then take two drammes of mercurye ſublymed, diſſolue it in a lytle roſewater, labour the ſope and ỹ roſewater wel together, & afterward put in it a litle muſke or cyuette, and kepe it. This ſope is exceding good to cure a great ſcabbe or ytche, and that without perill, but in a chylde it ſhall ſuffyce to make it weaker of the mercurye.

An other approued medicine for ſcabbyneſſe and ytche.

Take fumyterric, docke rootes, ſcabiouſe, & the roote of walwort, ſtampe them al, & ſet thē in freſh grece to putrifye, then frye them and ſtrayne thē, in which lycour ye ſhal put turpētine a lytle quantitie, brymſtone, and frākenſence very fynely poudred and ſifted a porciō, and with ſufficient waxe make an ointment on a ſofte fyre: this is a ſinguler remedy for the ſame purpoſe. But i this cure ye ought to gyue the chylde no egges, nor any eygre or ſharpe meate, and the nurſe alſo muſte auoyde the ſame, and not to wrappe it in to hoote, and yf neade be, to make a bathe of fumitorye, centaurye, fetherfewe, tanſie, wormwood, and ſauge alone, yf ye ſe the cauſe of the ytche or the ſcabbe to be wormes in ẏ ſkinne, for a bytter decoction ſhal deſtroy thē and dry vp the moiſtures of the ſores.

Of diſeaſes in the eares.

Many diſeaſes happen in the eares, as payne, apoſtemes ſwellynges, tynklynge and ſoūd in the heed, ſtoppinge of the organes of hearynge: Water, wormes, & other infortunes gotten into the eares, wherof ſome of them are daungerous and harde to be cured, ſome other expelled of nature without medicyne.

¶ Remedye for payne in the eares.

For payne in the eares wythout a manifeſt cauſe, as often chaunceth, it is a ſinguler remedye to take the cheſt wormes, that are found vnder barkes of trees, or in other ſtumpes in the groũd & wil turne round like a peaſe, take of them a good quantytye, and ſeeth them in oyle, in the rynde of a pomegranarde on the hote ymbres, yͭ it brenne not, and after that ſtraine it and put into the eares a droppe or two luke warme, and then lette him lye vpon the other eare, and reſte. Ye maye gyue thys to al ages, but in a child ye muſte put a very lytle quantitie.

¶ An other.

The hame or ſkynne of an adder or a ſnake, that ſhe caſteth, boiled in oile, & dropped into the eares, eaſeth yͤ paine, & it is alſo good for an eare that mattereth mingled with a litel hony, and put in luke warme. It is alſo good to droppe into the eares the iuyce of organye and mylke.

¶ For ſwellyng vnder the eares.

Paynters oyle, which is oyle of lyneſeed, is excedyng good for yͤ ſwellyng of the eares, and for paine in the eares of all cauſes.

Item a plaiſter made of lineſeede and dille, with a litle duckes greſe & hony. If ye ſe the apoſteme breke, & renne, ye may clenſe it with the iuce of ſmalach, the white of an egge, barly flour, and hony, which is a common plaiſter to mundifye a ſore.

When the eares haue receiued water or any other licour, it is good to take and ſtampe an onion and wryng out ẏ iuce with a litle goſegreſe, & droppe it hote into the eare as it may be ſuffred, and laye hym downe on the contrarye ſyde an houre, after that cauſe hym to neſe yf his age will ſuffre, with a litle pellitorie of Spayne, or neſinge pouder, and then enclyne his eare downewarde, that the water maye iſſue.

¶ For wormes in the eares.

Take myrre, aloes, and the ſeede of colocinthis, called coloquintida of the apothecaries, a quantity of eche, ſeeth thē in oile of roſes, & put a litle i ẏ eare

Myrre hath a great vertue to remoue the ſtenche that is cauſed in the eares by any putrefaction, and the better with oyle of bitter almons, or ye may take yͤ iuce of wormwood with honye and ſalte peter.

¶ For wynde in the eares and tinklyng.

Take myrre, ſpykenarde, cumyne, dylle, and oyle of camomyl, and put a droppe in yͤ eares. They that haue not al theſe maye take ſome of them, and applye it accordyng to diſcretion.

To amende deafneſſe ye ſhal make an ointment of an hares galle, and the greſe or droppyng of an ele, which is a ſouerayne thyng to recouer hearynge.

¶ Of neſyng out of meaſure.

When a chylde neſeth out of meaſure, yͭ is to ſaye, with a longe continuaunce, and therby the braine and vertues animal be febled, it is good to ſtoppe it, to auoyde a further inconuenience.

Wherfore ye ſhal annoynt the heade wyth the iuyce of purcelane, ſorel, and nyghtſhade, or ſome of them, and make a playſter of the whyte of an egge, and the iuyce, with a litle oyle of roſes, & emplayſter the forhead and temples, with the mylke of a woman, oyle of roſes, and vynegre a lytle.

If it come of cold reume, ye ſhall make a playſter of maſtyke, frankenſens, myrre, wine, and applye it to ẏ former parte of the head. A fume of the ſame receyued in flaxe, and layed vpon the chyldes head, is holſome.

¶ Breedyng of teeth.

ABout ẏ ſeuēth moneth, ſomtime more, ſomtyme leſſe after ẏ byrth, it is natural for a chyld for to breede teeth, in which time many one is ſore vexed, with ſōdry diſeaſes & peines, as ſwelling of ẏ gummes & iawes, vnquiete cryeng, feuers, crampes, palſies, fluxes, reumes, and other infirmities, ſpecially whā it is lōg or ẏ teeth come forth.

forth, for the ſoner they apere, the better, and the more eaſe it is to yͤ childe. There be diuers thinges yͭ are good to procure an eaſy breeding of teeth, among whom the chiefeſt is to annoint the gummes, with the braynes of an hare, myxte with aſmuch capons grece and hony, or any of theſe thynges alone, is exceadynge good to ſupple the gummes and the ſynewes.

Alſo it is good to waſſhe the chylde two or three tymes, in a weeke, with warme water, of the decoccion of camomyll, hollyhocke and dylle. Freſh butter, with a litle barly flour, or honye, with the fine pouder of frãkinſence ⁊ liquirice, are cõmẽded of good authoures for the ſame entente. And whan the peyne is greatte, and intollerable, with apoſteme or inflãmacion of the goummes, it is good to make an ointmẽt of oile of roſes, with the iuyce of morelle, otherwiſe called nyghtſhade, and in lacke of it, annoint the iawes within, with a litle freſſhe butter and honye.

For lacke of the hares brayne, ye may take the conyes, for they be alſo of the kynde of hares, and called of Plinye Daſypodes, whoſe mawes are of the ſame effecte in medicine, or rather more, than is written of authoures, of the mawes of hares.

If ye ſe the gummes of the chylde to apoſteme or ſwelle with ſofte fleſſhe, full of matter and paynefull, the beſte ſhal be to annoint the ſore place with the brayne of an hare, & capons grece, equally myxt togither, and after that ye haue vſed thys, ones or twiſe, annoynte the gummes, and apoſtemacions with honye.

Thyrdlye yf this helpe not, take turpentyne myxte with a litle hony in equal porcion: And make a bath for the head of the chylde, in this fourme.

Take the floures of camomylle and dyl, of eche an handful, ſeeth them in a quarte of pure rennyng water, vntill they be tender, and waſſhe the head afore any meate, euerye mornyng, for it pourgeth the ſuperfluytye of the braynes, through the ſeames of the ſkull, and wythdraweth humours from the ſore place, fynally cõforteth ẏ braine and al the vertues animal of the child. ¶To cauſe an eaſie breedyng of teethe, many thiges are reherſed of auctours beſydes the premiſſes, as the fyrſt caſt tooth of a colte ſet in ſyluer & horne, or redde coralle in lyke maner, hanged about the necke, wher vpon the chylde ſhuld oftentimes labour his gummes, and many other lyke, whyche I leaue out at this time, to auoide tediouſnes, onely content to declare this of coral, that by conſent of al authours, it reſiſteth the force of lyghtenyng, helpeth the chyldren of the fallynge euyll, and is verye good to be made in pouder, & dronken agaynſt al maner of bleeding of the noſe or fundament.

¶Of a canker in the mouthe.

Many tymes by reſon of corrupcion of the milke, venimous vapoures ariſing from the ſtomake, & of many other infortunes there chaunceth to brede a cãker in yͤ mouthes of childrẽ, whoſe ſignes are manifeſt ynough, yͭ is to ſaye by ſtinking of the mouthe, peyne in the place, contynual rennyng of ſpittle, ſwellynge of the cheke, and when the mouth is opened againſt the ſonne, ye maye ſe clereye where the canker lieth. It is ſo named of the latter ſort of phiſicions, by reaſon of creppynge and eatynge forwarde and backewarde, and ſpreadethe it ſelfe abrode, lyke the feete of a creues, called in latine cancer, notwithſtanding I knowe that the Greekes, and auncient latynes, gyue other names vnto thys dyſeaſe, as in callynge it an vlcer, other whyles aphthe, nome, carcinomata, and lyke, which are al in englyſhe, knowen by the name of canker in the mouthe,and although there be many kindes according to the matter wherof they be engendred, & therfore require a diuerſitie of curing,yet for the moſte parte, whan they be in childerne, the cure of them al differeth very litle or nothing,for yͤ chiefe entent ſhal be to remoue the malignitye of the ſore,and to drye vp the noiſome matter and humours,thã to mundify and heale,as in other kindes of vlcers, ſores,and woundes.

¶Remedies for the canker in the mouth of children.

Take drye redde roſes,& violettes,of eche a lyke quantity,make them in pouder,and myxt them with a lytle honye,thys medicine is verye good in a tender ſuckynge childe,and many times healeth alone,without any other thing at al.But yf ye ſe there be great heat & burning in the ſore,with exceding paine,ye ſhal make a iuice of purcelane, lettuſe & nightſhade, & waſh the ſore wyth a fyne pyece of ſylke, or driue it in with a ſpoute, called of the ſurgions a ſprynge.

This by the grace of God, ſhall abate the brennyng, aſwage the peyne, and kyl the venime of the vlcer.

But yf ye ſee the canker yet encreaſe with great corrupciō & matter, ye ſhal make an oyntmente after this maner.

Take mirre, galles wherewith they make ynke, or in defaute of them, oken apples dryed, frankinſence, of eche a lyke much, of the blacke buries growynge on the bramble, taken from the buſhe while they be grene, the .iii. part of al the reſt, make them al in pouder, and mixt them with aſmuch hony and ſaffron, as is ſufficient, and vſe it.

¶ A ſtronger medicine for the canker in the mouth of children.

Take the roote of celidonye dryed, the rinde of a pomegranate, redde corall in pouder, & the pouder of a hartes horne, of eche a lyke, roche alume a like : Fyrſte waſhe the place wyth wyne, or warme water, and hony, and afterwarde putte on the foreſayd pouder, very fyne and ſubtyle.

An other ſinguler medicine for the cancker in the mouth of al ages.

℞. yſope, ſage, rue, of eche one good handeful, ſeeth them in wyne and water, to the thirde part, then ſtraine thē out, and putte in it a litle white coperoſe, accordyng to neceſſitye: that is to ſaye, whan the ſore is great, put in the more, whan it is ſmall ye maye take yͤ leſſe, than adde to it a quantitie of hony claryfied, and a ſponeful or twoo of good aqua vite, waſhe the place wyth it, for it is a ſinguler remedye, to remoue yͤ malice in a ſhort while, which done ye ſhal make a water incarnatiue and healyng thus.

℞. rybwort, betonye and dayſies, of eche a handefull, ſeeth them in wyne and water, and waſhe hys mouth, two or thre times a day with the ſame iuce.

Moreouer ſome wryte ẏ chriſtal made in fyne pouder, hath a ſinguler vertue to deſtroie the canker, and in lyke maner the pouder of an hartes horne brẽt with alſmuche of the rinde of a pomegranade, and the iuyce of nyghtſhade, is very good and holſome.

Of quinſye and ſwellyng of the throte.

THe quinſy is a daūgerous ſickenes, both in young & olde, called in latin angina, it is an inflammacion of the necke with ſwellyng and greate peyne, ſometyme it lyeth in the verye throte, vpon the weſaunt pype, and than it is exceding perillous for it ſtoppeth the breath, & ſtranguleth the paciente anone.

Other whyles it breaketh oute like a bonche on the one ſyde of the necke, and than alſo with verye great dyffycultye of breathynge, but it choketh not ſo ſone as the fyrſt doeth, and it is more obediente to receiue curacion.

The ſignes are apparaunt to ſyghte, &

besides that the chylde can not crye, neyther ſwallow downe his meat and drynke without payne.

¶ Remedye.

It is good to annoynt the griefe with oyle of dyll, or oyle of camomyll, and lylies, and to laye vpon the head, hote cloutes dipte in the waters of roſemary, lauender, and ſauery.

The chiefeſt remedy commended of authours in this outragious ſickenes, is the pouder of a ſwallow brent wyth fethers and all, and myxte with hony, whereof the paciente muſte ſwallowe downe a litle, and the reſte annoynted vpon the payne. They prayſe alſo the pouder of the chyldes dunge to the chyld, and of a man to a man, brente in a pot, and annointed with a litle hony. Some make a compouned oyntmente of both, the receite is thus. ℞. of the ſwallow brent, one porcion. of the ſecond pouder another, make it i a thicke fourme with hony, and it wyll endure longe for the ſame entent.

Item an other experiment for the quinſy and ſwellynge vnder the eares.

¶ Take the muſherum that groweth vpon an elder tree , called in englyſh, Jewes eares (for it is in dede croncled and flat, muche lyke an eare) heat it agaynſt the fyer, and put it hote in anye drinke, theſame drinke is good & holeſome for the quinſye.

Some hold opinion that whoſo vſeth to drinke with it, ſhall neuer bee troubled with this diſeaſe , and therefore carye it about with them in iorneys.

¶ Of the cough.

THe cough in children for yͤ moſt part, procedeth either of a cold, or by reaſon of reumes, deſcending from the head into yͤ pipes of the longes or the breaſte, and that is moſt commonly by ouermuche aboundaunce of milke, corruptyng the ſtomake and brayne : therefore in that caſe, it is good to fede the chylde wyth a more ſlender dyete, and to annoynte the head ouer, with hony, and now and than to preſſe his toungue wyth youre fynger, holdyng downe hys heade that the reumes may iſſue, for by yͤ meanes the cauſe of the cough ſhall runne oute of his mouthe, and auoyde the chylde of many noughty and ſlimy humours: whiche done, many tymes the paciente amendeth, wythout any further helpe of medicine.

¶ For the cough in a chylde.

Take gumme arabike, gumme dragagant, quince ſedes, liquirice and peridies, at the pothecaries, break them al together, and geue the childe to ſuppe a litle at once, with a draught of milke newli warme, as it commeth from the cowe.

Alſo ſtampe blaunched almons, and wringe them out with the iuyce of fenell, or water of fenell, and geue it to the chylde to fede with a litle ſuger.

¶ Againſt the great cough, and heate in the bodye.

The heades of whyte poppye, and

gumme dragagant, of eche a like much, long cucumer ſeedes, as muche as al, ſeth them in whaye, wyth rayſons and ſuger, and lette the chylde drynke of it twyſe or thryſe a daye luke warme, or colde.

¶ Of ſtraytneſſe of wynde.

AGainſt the ſtraitneſſe of breathyng whiche is no quinſie, the conſente of authours do attribute a great effecte, to lyueſede made in pouder, & tempered with hony, for the chylde to ſwallowe downe a lytle at once. I find alſo ẏ the mylke of a mare newly receiued of ẏ chyld with ſuger, is a ſiguler remedy for ẏ ſame purpoſe, Which thing moreouer, is excedynge holeſome to make the belly laxe without trouble.

¶ Of weakenes of the ſtomake, and vomitynge.

MAni times the ſtomake of the child is ſo feble that it cānot retain eyther meat or drinke, in which caſe, and for al debilitye therof, it is verye good, to waſhe the ſtomake, with warme water of roſes, wherein a litle muſke hathe beene diſſolued, for that by the odour and natural heate geueth a comfort to all the ſpirituall members.

And then it is good to roſt a quince tender, & with a litle pouder of cloues and ſuger to geue it to the child: to eat cōſerua quīces, with a litle cinamome and cloues, is ſynguler good for the ſame entent. Alſo ye may make a iuice of quinces and geue it to the chylde to drinke with a litle ſuger.

¶ An oyntmente for the ſtomake.

Take gallia muſcata at the pothecaries .xx. graine weight, myrrhe a verye litle, make it vp in oyntment fourme, with oyle of maſtike, and water of roſes ſufficient, this is a very good ointment

ment for the ſtomake.

¶ An other ſinguler receit.

Take maſtike, frankinſence, and drye redde roſes, as muche as is ſufficient, make them in pouder, and temper thẽ vp, with the iuyce of mintes, and a ſponful of vineger, and vſe it.

¶ An other.

Take wheat floure, and parche it on a panne, tyll it begynne to brenne and waxe redde, than ſtampe it with vineger, and adde to it, the yolkes of twoo egges harde roſted, maſtike, gumme, & frankinſence ſufficient, make a plaiſter and laye it to the ſtomake.

To recouer an appetite loſt.

Take a good handfull of ranke and luſtye rewe, and ſeth it in a pint of vyneger to the thyrde parte or leſſe, and make it very ſtronge, wherof yf it be a chylde, ye may take a tooſte of brown bread, and ſtampe it with the ſame vyneger, and laye it plaiſterwyſe to the ſtomake, and for a ſtronger age beſides the plaiſter, lette hym ſuppe morning

and

and euenyng of the ſame vineger.

This is alſo good to recouer a ſtomack loſt, by comming to a fyer after a long iourneye, and hath alſo a ſinguler vertue to reſtore a man that ſwowneth.

An experiment often approued of Raſis for the vomite of chyldren.

Raſis a ſolemne practicioner amonge phiſicions, affyrmeth that he healed a great multitude of this diſeaſe, onelye with the practiſe folowinge, whiche he taketh to bee of great effect in all lyke caſes.

Fyrſt he maketh as it were an electuarye of pothecarye ſtuffe, that is to ſaye, lignum aloes, maſtike of euerye one half a dramme, galles half a ſcruple, make a lectuary with ſyrupe of roſes, and gallia muſcata and ſuger.

Of this he gaue the children to eat a very litle at once & often. Afterwarde he made a plaiſter thus. ℞, maſtike, aloes, ſloes, galles, frankenſence, and brent bread, of ech a like porcion, make

a plaiſter

plaiſter with oile and ſirupe of roſes to be laid to the childes ſtomake hote.

¶ An other oyntment for the ſtomake, deſcribed of Wilhel. Placentino.

Take oyle of maſtike or of wormewood .ii. ounces, waxe .iii. ounces, cloues, macis, and cinamome of eche thre drammes, make an oyntment, adding in the ende a litle vineger.

The yolke of an egge hard roſted, maſtyke, frankinſence and gumme, made in a playſter with oyle of quinces, is excedyng good for the ſame purpoſe.

Of yeaxing or hicket

IT chaunceth oftētymes that a chyld yeaxeth out of meaſure. Wherfore it is expedient to make the ſtomake eigre afore it be fed, & not to repleniſh it wyth to much at once, for this dyſeaſe cōmonly procedeth of fulnes, for yf it come of emptines, or of ſharp humors in the mouth of the ſtomake, which is

ſeldom

ſeldome ſene: the cure is then very difficill and daungerous.

Remedye.

When it commeth of fulneſſe that chylde yeareth inceſſauntlye without meaſure and that by a long cuſtome, i is good to make him vomit with a fether or by ſome other lighte meanes, ÿ the matter which cauſeth ÿ yearynge mai iſſue and vncomber the ſtomake, ÿ done, bꝛynge it a ſlepe, and vſe to anointe the ſtomake with oyles of caſtoꝛ, ſpike, camomyll, and dyll, oꝛ two oꝛ .iii. of them, ioined together, warme.

Of colike and rumblyng in the guttes.

PEine in the belly is a common diſeaſe of childꝛen, it commeth either of woꝛmes, oꝛ of taking cold, oꝛ of euyl mylke, ÿ ſignes thereof are to well knowen, foꝛ the chylde cannot reſt, but cryeth and fretteth it ſelfe, and manye tymes cannot make theyꝛ vꝛyne, by reaſon of winde, that oppꝛeſſeth the necke of the bladder, and is knowen alſo, by the member in a manne chylde, which in thys caſe, is alwaye ſtiffe, & pricking, moreouer the noyſe and rumblinge in the guttes, hither and thyther, declareth yͤ chylde to be greued, with winde in the belly, and colike.

¶ Cure.

The nourſe muſte auoyde all maner meates, that engēder wind, as beanes peaſon, butter, harde egges, and ſuche. Than waſhe the childes bellye with hote water wherein hath bene ſodden comine, dyll and fenel, after that make a playſter of oyle and waxe, and clappe it hote vpon a cloth vnto the belly.

An other good playſter for the ſame entent.

Take good ſtale ale and freſhe butter, ſeeth them with an handfull of comine poudred, and after put it all together into a ſwines bladder, & bynde the mouth faſte, that the licoure yſſue not out, then wind it in a cloth, & turne it vp and doune vpon the belly as hote as the pacient may ſuffer, this is good for the colike after a ſodayne colde, in all ages, but in chyldren ye muſte beeware ye applye it not to hote.

Of fluxe of the bellye.

MAny tymes it happeneth eyther by takynge colde, or by reaſon of great pain in breadyng of teeth, or els through ſalt and eiger fleume or cholere engendred in the bodye, that the chylde falleth into a ſoodayne laxe, whiche yf it longe continue and bee not holpen, it may bring the pacient to extreme leanes, and conſumpciō: wherfore it ſhall be good to ſeke ſome holſome remedi, & to ſtop the runnynge of the fluxe thus.

Remedy for the fluxe in a chylde.

Firſt make a bath of herbes that doe reſtrayne, as of plantaine, ſaint Johns weede called ipericon, knotgraſſe, burſa paſtoris and other ſuche, or ſome of them, and vſe to bath him in it as hote as he mai wel ſuffer, then wrap him in with clothes, and laye hym downe to ſlepe.

And yf ye ſe by this twiſe or thryſe vſing, that the belly bee not ſtopped: Ye maye take an egges yolke harde roſted, and grinde it with a litle ſaffron, myrrhe and wyne, make a plaiſter, and apply it to the nauyl hote. Yf this ſuccede not, then it ſhalbe neceſſary for to make a pouder to geue him ī his meat with a litle ſuger and in a ſmal quantitye thus.

¶Take the pouder of hartes horne brēt. the pouder of goates clawes, or of ſwines clawes brent, the pouder of ÿ ſede of roſes which remain in the bery when the roſe is fallen, of euery one a porcion, make them verye fyne, & with good redde wyne or almon mylke, and wheat floure, make it as it wer a paſte, and drye it in litle balles tyll ye ſe neceſſitye, it is a ſinguler remedye in all ſuche caſes.

Item the mylke wherein hath bene ſodden white paper, and afterwarde quenched many hote irons or gaddes of ſtele, is excedinge good for theſam entent to drinke.

And here is to be noted, that a naturall fluxe is neuer to bee feared afor the ſeuenth daye, and except there iſſu bloude, it ought not to bee ſtopped afore the ſayde tyme.

Pouder of the herbe called knotgraſſe or the iuce thereof in a poſſette dronkẽ, or a plaiſter of the ſame herbe, and of burſa paſtoris, bolearmeny, and the iuyce of plantaine with a litle vyneger, and wheate floure is excedynge good for the ſame cauſe.

Alſo the rindle maw of a young ſuckynge kydde geuen to the chylde, the weight of .x. graines, with the yolke of an egge ſoft roſted, and let the pacient abſtayne from mylke by the ſpace of .ii. houres before and after, in ſtede whereof ye maye geue a roſted quince or a warden with a litle ſuger and ſinamome to eate.

Item an other goodly receit for the ſame entent.

Take ſorel ſeed and the kernelles of greate rayſyns dryed, acorne cuppes, and the ſeed of white popie, of eche .ii. drammes, ſaffron a good quantytye, make them in pouder and tempre thē with the iuice of quynces, or ſyrupe of red roſes, this is a ſouerayne thyng in al fluxes of the woumbe.

Many other thinges are written of authours in the ſayd diſeaſe, whiche I here leaue out for breuitie: & alſo bycauſe the afore reherced medicines are ſufficiēt ynough in a caſe curable: yet wyl I not omytte a goodly practiſe in the ſayde cure. The peſyl of an hart or a ſtagge dryed in pouder and dronken, is of great & wonderful effect in ſtoppyng a fluxe. Which thing alſo is approued in the lyuer of a beaſt called in Englyſſhe an otter. The ſtones of him dronken in pouder, a litle at ones thirtye daies togyther, hath healed men for euer of the fallyng euyl.

Of ſtoppyng of the bellye.

Euen as a fluxe is daungerous, ſo is ſtoppynge & hardeneſſe of the belye greuous & noyeſome to the chylde, and is often cauſe of the colycke and other diſeaſes.

Wherfore in this caſe ye muſt alway put a litle hony into yͤ chyldes meate, and let the nource gyue hym honye to ſucke vpon her fynger, and if this wil not helpe, then the nexte is to myxe a lytle fyne and cleare turpentine, with honye, and ſo to reſolue it in a ſaucer, and let the chylde ſuppe of it a lytle.

¶This medicine is deſcrybed of Paulus Agineta, and recited of dyuers other as a thyng very holſom and agreing to the nature of the child: for it doeth not only loſen yͤ bellye without grefe or daunger, but doeth alſo purge the lyuer and the longes, with yͤ ſplene and kidneies, generally comforting al the ſpirituall membres of the bodye.

¶The gall of an oxe or a cowe layed

vpon a cloute on the nauylle, cauſeth a chyld to be looſe bellyed, lykewyſe an emplayſter of a roſted onyon, the gall of an oxe, & butter, layed vpon the belye as hote as he maye ſuffre. Yf theſe wyl not helpe, ye ſhal take a lytle cotten, and roll it, and dypped in the ſayd gall, put it in the fundament.

¶ Of wormes.

There be dyuerſe kindes of wormes in yͤ belly, as longe, ſhort, rounde, flat, and ſome ſmall as lyce, they be al engendred of a crude, groſſe, or phlegmatike mater & neuer of choler nor of melancholy, for al bytter thynges kylleth them, & al ſwete meates that engendre ſleume, nouriſſheth and fedeth the ſame. The ſignes dyffer accordyng to yͤ wormes. For in the long & roũd, the paciēt cōmonly hath a drye cough, paine in the belly about yͤ guttes, ſomtyme yexing & trēbling in yͤ nighte, & ſtarte ſodaynely, and fal aſlepe agayne, other whyles they gnaſſhe and grynd theyr teeth togither, the eies waxe holowe, with an eygre loke, & haue great delyte in ſlombryng, and ſylence, very loth whē they are awaked. The pulſe is incertayne, and neuer at one ſtaye, ſomtyme a feuer with greate colde in yͤ ioyntes, which endureth thre or .iiii houres in the night or day, many haue but ſmall deſire to meate, and when they deſyre, they eate very greedelye, which yf they lacke at theyr appetyte, they forſake it a great whyle after, the hole body cōſumeth and waxeth leane the face pale or blewe: ſomtime a fluxe, ſomtimes vomite, and in ſome the belye is ſwollen as ſtyffe as a taberet.

The long and brode wormes are knowen by theſe ſygnes, that is to ſay, by yelowneſſe or whittiſhneſſe of yͤ eyes, intollerable hunger, greate gnawinge and gryppyng in the belly, ſpecially afore meat, water commyng out at the mouth, or at yͤ foundament, continuall ytche and rubbing of the noſethrilles.

ſonken eies and a ſtynkyng breath, alſo when the perſon doth his eaſement, there appeareth in the donge lytle flat ſubſtaunces, moche lyke the ſeedes of cucumers or gourdes.

¶The other leſſe ſorte are engendred in the great gutte, & may wel be knowen by the excedyng ytche in the fundament within, & are oftentimes ſene commyng out with the excrementes. They be called of phiſiciōs, aſcarydes.

¶Remedy for wormes in chyldren.

The herbe that is founde growyng upon oiſters by the ſeas ſyde, is a ſynguler remedy to deſtroye wormes, and is called therfore of ẏ Grekes Scolytabotani, that is to ſay, the herbe that kylleth wormes: it muſte be made in pouder, and gyuen with ſweate milke to the chylde to drynke. The Phiſicions call the ſame herbe corallino.

¶A ſinguler receyte for to kyll wormes.

Take the gall of a bull or oxe, newlye kylled, and ſtampe in it an handful of good comyne, make a playſtre of it, and lay it ouer all the belly, remouing the ſame euery ſyxe houres.

Item the gall of a bull with ſeedes of colocinthis, called colloquintida of the apothecaryes, and an handfull of baye beries wel made togither in a plaiſter, with a ſponful of ſtrong vinegre, is of greate effecte in the ſame caſe.

Yf the childe be of age or ſtrong complexion, ye may make a fewe pilles of aloes, and the pouder of wormeſeed, then wynd them in a pece of a ſinging lofe, and annoynte them ouer wyth a lytle butter: and let thē be ſwalowed downe hole without chewyng.

¶ Of ſwellyng of the nauill.

IN a child lately borne, and tender, ſomtyme by cuttyng of the nauyll to nere, or at an inconueniente ſeaſon, ſometyme by ſwadlynge or byndynge amyſſe, or of moche cryinge, or coughynge, it happeneth otherwhyles, that the nauyll aryſeth and ſwelleth with great paine and apoſtemacion, the remedy wherof is not muche differente from the cure of vlcers, ſauynge in thys that ye oughte to applye thynges of leſſe attraction, then in other kind of vlcers. as for an example, ye maye make an oyntmente vnder thys fourme. ¶Take ſpike or lauender, halfe an ounce, make it in pouder, and wyth thre ounces of fyne and cleare turpentyne, tempre it in an oyntmente, addyng a porcion of oyle of ſwete almons. But yf it come of cryinge, take a lytle beane floure, and the aſſhes of fyne lynnen cloutes brente, and tempre it with redde wine and honye, and laye it to the ſore.

¶A playſter for ſwellyng in the nauill.

¶Take cowes donge, and drye it in poudre, barlye floure, and beane floure of eche a porcion, the iuyce of knotgraſſe a good quantitie, commine a litle, make a playſter of all and ſet it to the nauyl.

¶ An other.

Take cowes donge and ſeeth it in the mylke of the ſame cowe, and lay it on the greſe. This is alſo marueylouſe effectuall to helpe a ſoodayne ache, or ſwelling in the legges.

¶ Of the ſtone in chyldren.

THe tender age of children as I ſayd afore, is vexed and afflicted with manye greuous and perylious diſeaſes, amōg whō there is fewe or none ſo violente or more to be feared in them, then that whiche is moſt feared in al kindes of ages, that is to ſay, the ſtone, an houge and a pityful diſeaſe, euer the more encreaſyng in dayes, ỹ more rebelling to the cure of Phyſycke.

Therfore is it excedyng daungerouſe whan it falleth in children, foraſmoch as neither the bodyes of them may be wel purged of the matter antecedent, called humor peccans, nor yet cā abide any vyolent medecyne hauyng power to breake it, by reaſon wherof the ſaid dyſeaſe acquyreth ſuche a ſtrengthe aboue nature, that in proceſſe of tyme it is vtterlye incurable.

Yet in the begynning it is oftentimes healed thus.

Fyrſte lette the nurſe be well dyeted, or the chyld, yf it be of age, abſtaining from al groſſe meates, and hard of digeſtion, as is beafe, bacon, ſalt meates and cheeſe, than make a pouder of the roote of peonye dryed, and myngle it with as muche hony as ſhal be ſufficient, or yf the child abhorre hony, make it vp with ſuger molten a lytle vpon the cooles, and gyue thereof vnto the chylde, more or leſſe, accordinge to the ſtrengthe, twyſe a daye, tylle ye ſe the bryne paſſe eaſelye, ye maye alſo giue it in a rere egge, for without dout it is a ſynguler remedye in chyldren.

An oyntment for the ſame.

Oyle of ſcorpions, yf it may be gotten, is exceding good to annoynt withal the membres, and the nether parte of the bellye, ryghte agaynſt the bladder, ye may haue it at the pothecaries.

¶ A ſinguler bath for the ſame entent.

Take mallowes, holyhocke, lyly rootes, lynſeed, and parietary of the wal, ſeeth them all in the broth of a ſhepes head, and therin vſe to bathe the chyld oftentymes, for it ſhal open the ſtraytnes of the condites, that the ſtone may iſſue, ſwage the payne, and brynge out the grauel with the vryne, but in more effect whan a playſter is made, as ſhal be ſayde herafter, and layed vpon the raynes, and the belly, immediatly after the bathyng.

¶ A playſter for the ſtone.

Take parietarie of the wal, one porcion, and ſtampe it, doues donge an other porcion, and grynde it, than frye thē both in a panne, with a good quātitye of freſhe buttyre, and as hote, as may be ſuffered, lay it to the belly and the backe, and from .iiii. houres to .iiii. let it be renewed.

This is a ſouerayne medicine in al maner ages.

Item an other pouder whiche is made thus.

Take the kernels or ſtones that are found in the fruyte, called openers or meſpiles, or of ſome, medlars. Make them in fine pouder, whiche is wounderfull good for to breake the ſtone without daunger, both in yonge and olde.

The cheſtwormes dryed and made in fyne pouder, taken with the brothe of a chycken, or a lytle ſuger, helpeth them, that can not make theyr vryne.

¶ Of pyſſyng in the bedde.

Many times for debility of vertue retentiue of the reines or blader, as wel olde mē as children are oftentimes annoyed, whan their vrine iſſueth out either in theyr ſlepe or waking againſt theyr wylles, hauing no power to reteine it whan it cōmeth, therfore yf they wil be holpē, fyrſt they muſt auoid al fat meates, til

the

yͤ vertue retentiue be reſtored agayne, and to vſe this pouder in their meate and drynkes.

Take the weſande of a cocke, an plucke it, thã brenne it in pouder, an vſe of it twiſe or thryes a daye. The ſtones of an hedgehogge poudred i of the ſame vertue.

Item the clawes of a goate, made in pouder dronken, or eaten in pottage. If the pacient be of age, it is good to make fyne plates of leade, with holes in them, and lette them lye often to the naked backe.

¶ Of bruſtynge.

THe cauſes of it in a childe are many, for it may come of very lyghte occaſions, as of greate cryeng, & ſtopping the breathe, byndyng to ſtrayghte, or by a fal, or of to greate rockyng, and ſuch lyke, may cauſe the filme that ſpreadeth ouer the bally, to breake or to ſlacke, and ſo the guttes fall downe, into the cod, which yf it be not vtterly vncurable, may be healed after thys ſorte.

Fyrſte laye the paciente ſo vpon his backe, that hys heade maye be lower than his heales, than take and reduce the bowels with youre hande, into the due place, afterwarde ye ſhall make a playſter to be layde vpon the coddes, and bounde with a lace round aboute the backe, after this fourme.

Take roſin, frankynſence, maſtyke, comyne, lyneſeed, & anyſe ſeed of euery one a lyke, pouder of oſmonde rootes, that is to ſaye of the brode ferne, yͤ.iiii. parte of al, make a plaiſter with ſufficient oyle olyue, and freſſhe ſwynes grece, and ſprede it on a lether, and let it cõtinue (except a great neceſſity) two or thre wekes, after that applye an other lyke, tyll ye ſee amendment.

In thys caſe it is verye good to make a poudre of the heares of an hare, & to temper it with ſugre or conſerua roſes and giue it to the child twies euery daye.

If it be aboue the age of .vii. yere, ye

maye

may make a ſinguler receypte in drin to be taken euerye daye twyſe, thus.

¶ A drynke for one that is broſten.

Take matfelon, dayſies, comfery, an oſmundes, of euerye one a lyke, ſeet them in the water of a ſmythes forge to the third part, in a veſſel couered, o a ſofte fyer, than ſtrayne it and giue t drynke of it, a good draughte at ones, mornyng and euenynge, addyng euermore in his meates and drinkes, th pouder of the heare of an hare, beyng dryed.

¶ Of fallyng of the fundament.

MAny times it happeneth that the gut called of the laties rectum inteſtinū, falleth out at the fūdament, & can not be gotten in againe wythout peyne and labour, whiche diſeaſe is a common thynge in children, comming oftentimes of a ſodayne cold or a long laxe, and maye well be cured by theſe ſubſcribed medicines.

If the gutte hath ben longe out, and be ſo ſwollen that it cānot be repoſed, or by coldnes of the ayre be congeled, the beſt counſell is to let the child ſit on a hote bathe, made of the decoction of mallowes, holihocke, lineſeed, and the rootes of lyllyes, wherin ye ſhall bathe the fundamente, wyth a ſofte cloute or a ſponge, and whan the place is ſuppled thruſte it in agayne, whiche done, than make a pouder thus.

¶ A pouder for fallyng of the foundament.

Take the poudre of an hartes horne brent, the cuppes of acornes dried, roſe leaues dryed, goates clawes brent, the rinde of a pomegranate, and of galles, of euerye one a portion. Make them in pouder, and ſtrowe it on the fundament. It ſhal be the better, yf ye put a lytle on the gutt, afore it be repoſed in ẏ place, & after it be ſetled, to put more of it vpon the fūdament, than binde it in with hote lynnen clothes, and gyue the childe quynces, or a roſted warden to eate with cinamome and ſuger.

An other good pouder for the ſame.

Take galles, myꝛre, frankenſenc maſtike, and aloes, of euery one a litle make them in a pouder, and ſtrowe i on the place.

A lytle tarre with goſegreſe is alſ very good in this caſe.

An other good remedye.

Take the wolle from betwene th legges, oꝛ of ẏ necke of a ſhepe, which is full of ſweate and fattie, than mak a iuce of vnſette leekes, and dippe th wolle in it, and laye it to the place a whotte, as may be ſuffered, and wha it wareth cold remoue it and apply a other hote, this is a very good remed foꝛ fallynge of the fundament.

If the chylde prouoke many tyme to ſege, and can expell nothynge, tha dyſeaſe is called of the Grekes teneſmos, foꝛ the whiche it ſhall be verye good to apply a playſter made of gardeine creſſis & a comine in lyke quātitye, frye them in butter, and laye it on the bellye as hote as he maye ſuffer. It is alſo commended, to fume the nether partes with turpentine and pitch, and to ſit longe vpon a bourd of ceder or iuniper, as maye be poſſible.

¶ Chafyng of the ſkynne.

IN the flankes, armeholes, & vnder the eares, it chaunceth often times that the ſkynne fretteth, ether by the childes own vryne, or for the defaute of waſhyng, or els by wrappyng and kepyng to hote. Therefore in the begynnyng, ye ſhall annoint the places, with freſhe capons grece, then yf it wyll not heale, make an oyntment, and laye it on the place.

¶ An oyntment for chafyng and gallyng.

Take the roote of the floure deluyce dryed, of redde roſes dryed, galingale and maſtike, of eche a lyke quantytye, beate them into moſte ſubtyle powder: than with oyle of roſes, or of lineſeede make a ſoft oyntment.

Item the longes of a wether dryed, and made in very fyne pouder, healeth al chafynges of the ſkinne: and in lyke maner the fragmentes of ſhomakers lether, brent and caſt vpon the place, in as fine pouder as is poſſible, hath the ſame effecte, whiche thing is alſo good for the galling or chafing of the fete, of whatſoeuer cauſe it commeth.

Item beane floure, barly floure, and the floure of fitches tempered with a lytle oyle of roſes, maketh a ſoueraine ointment for theſame entent.

If the chafinges be great, it is good to make a bath of hollhocke, dyll, violets and lineſeede with a litle branne, than to waſhe theſame places oftentymes, and lay vpon the ſore, ſome of theſame thynges. ¶ The decoction of plantaine, burſa paſtoris, horſetaile and knotgraſſe, is exceadynge good to heale al chafynges of the ſkynne.

¶ Of ſmal pockes and meaſilles.

THis diſeaſe is common & familier, called of yͤ grekes by the gene ral name of exanthemata, and of Plinie, papule et pituite erupciones, notwithſtanding ẏ cōſent of writers, hath obteined a diſtinctiō of it in .ii. kindes: that is to ſaye, varioli the meaſils, and morbilli called of vs the ſmal pockes.

They bee bothe of one nature, and procede of one cauſe, ſauinge that the meaſils are engendred of the inflāmacion of bloude, and the ſmall pockes of the inflammacion of bloude myngled with cholere.

The ſygnes of them bothe are ſo manyfeſte to ſyghte, that they nede no farther declaracyon, for at the fyrſte ſome haue an ytche and a freting of the ſkynne as yf it hadde bene rubbed wyth nettles, payne in the heade and in the backe, the face redde in coloure and flecked, feare in the ſleepe, greate thyrſt, redneſſe of the eyes, beatynge in the temples, ſhotynge and pryckyng thorough all the bodye, then anone after, when they breake out, they bee ſene of dyuers faſhions and fourmes, ſometimes as it were a drye ſcabbe or a lepry ſpredyng ouer all the members, other whiles ī puſhes, pimples, and wheles, rennyng with much corrupcion and matter, and with great peine of the face and throte, drines of the toungue, horcenes of voyce, and in ſome quiueryng of the hearte with ſwownyng.

¶The cauſes of theſe euil affeccions, are reherſed of authours, to be chiefly .iiii. Fyrſt of the ſuperfluities which might be corrupt in the womb of the mother, the chylde there beyng, and receiuinge theſame into the poores, the whiche at that tyme for debilitie of nature, could not be expelled, but ẏ chyld encreſyng afterward in ſtrength, bee dryuen out of the veines into the vpper ſkynne.

Secondarilye it maye come of a corrupt generacion, that is to ſaye whan it was engendred in an euyll ſeaſon, ẏ mother being ſycke of her naturall infyrmitye, for ſuch as are begotten that tyme verye ſeldome eſcape the diſeaſe of leprye.

The thyrde cauſe maye bee an euyll dyete of the nourſe, or of the chylde it ſelf, whan they fede vpon meates that encreaſe rotten humours, as mylke and fyſhe both at one meale, lykewyſe exceſſe of eating and drinking, and ſurfitte.

Fourthly this diſeaſe commeth by the waye of contagion, whan a ſycke perſon infecteth an other, and in that caſe it hath great affinitie with the peſtilence.

¶ Remedy.

The beſte and moſt ſure help in this caſe, is not to meddle with anye kynde of medicines, but to let nature worke her operacion, notwythſtandynge yf they be to ſlowe in commyng oute, it ſhal be good for you to geue the childe to drinke, ſodden mylke and ſaffron, & ſo kepe hym cloſe, and warme, wherby they may the ſoner iſſue foorth, but in no caſe to adminiſter any thynge that myght eyther repreſſe the ſwelling of the ſkinne, or to coole the heate that is within the members. For yf this dyſeaſe which ſhould be expelled by a natural accion of ye body to ye long health afterward of the pacient, wer by force of medicine cowched in againe, it wer euē inough to deſtroy the child. Therfore abide ye ful breaking out of ye ſaid wheales, and then (if they be not ripe) eaſe the childes peyne by makynge a bath of holihock, dyl, camomil & fenel: if thei be ripe & matter, thē take fenel, wormewood and ſage, and ſeeth them in water, to the thirde part, wherin ye maye bathe him with a fine cloth or a ſponge. Alwaies prouided yt he take no cold durynge the time of his ſickeneſſe. The wyne wherein fygges haue bene ſod, is ſinguler good in theſame caſe, & may be wel vſed in all times & cauſes.

Yf the wheales bee outragious and great, with much corroſiō and venime, ſome make a decoction of roſes & plātaine, in the water of oke, and diſſolue in it a litle engliſhe hony & camphore.

The decoction of water betonye, is approued good in the ſayed diſeaſes.

Likewiſe ẏ ointment of herbes, whereof I made mencio̅ i ẏ cure of ſcabbes, is exceding holſome after the ſores are rype.

Moreouer it is good to droppe in the pacientes eyes. v. or vi. tymes a daye, a litle roſe or fenell water, to coumforte the ſyght, leſte it be hurte by continual rennig of matter. This water muſt be miniſtred in the ſommer colde, & in the witer ye ought to apply it luke warm.

The ſame roſe water is alſo good to gargle in his mouth, yf the chylde bee then payned in the throte.

And leſt the condites of ẏ noſe ſhould be ſtopped, it ſhalbe very expedient to let him ſmel often to a ſponge wete in the iuce of ſauerye, ſtrong vineger, and a litle roſe water.

To take away the ſpottes & ſcarres of the ſmal pockes and meaſels.

The bloude of a bull or of an hare is much comme̅ded of authours to be annointed hote vpon the ſcarres , & alſo yͤ licour yͭ iſſueth out of ſhepes clawes or goates clawes het in the fier. Item the dripping of a cignet or ſwanne laid vpon the places oftentimes hote,

Feuers.

YF the feuer vſe to take the chylde with a great ſhakyng, and afterwarde hote, whether it be cotidian or tercian, it ſhall be ſinguler good to geue it in drinke, the blacke ſeedes of Peony made in fine pouder, ſearced and mingled with a litle ſuger.

Alſo take plantain, fetherfew and verueine, and bath the chyld in it once or twyſe a daye, binding to the pulces of the handes and fete a plaiſter of yͤ ſame herbes ſtamped, and prouoke the child to ſweate afore the fitte commeth.

Some geue counſell in a hote feuer, to applye a colde plaiſter to the breaſt, made in this wyſe. Take the iuyce of wormewood, plantain, mallowes and houſlecke, and temper in them aſmuche barly floure as ſhal bee ſufficiente, and vſe it . Or thus , and more better in a weake paciente.

Take drye roſes and pouder them, then temper the pouder with the iuice of endiue or purcelane, roſe water, and barly floure, and make a plaiſter to the ſtomake.

Item an ointmente for hys temples armes and legges, made of oyle of roſes, and populeon, of eche like muche.

A good medicine for the ague in children.

Take plantaine with the roote, and waſh it, then ſeeth it in fayre runnyng water to the thirde parte: whereof ye ſhal geue it a draught (yf it bee of age to drinke) with ſufficiente ſuger, & laye the ſodden herbes as hote as maye be ſuffred, to the pulſes of the handes and fete. Thys muſt be done a litle afore ỹ fit, & afterward couer it with clothes.

The oyle of nettles wherof I ſpake in the title of ſtifnes of limmes, is exceding good to annointe the members in a colde ſhaking ague.

The boke
of the griefe.

Yf there be muche inflãmacion or heate in the coddes, ye may make an oyntment of plantaine, the whyte and yolke of an egge, and a porcion of oyle of roſes, ſtyrre them wel aboute, & applye it to yͤ grefe twiſe or thriſe a day.

When the paine is intollerable, and the child of age, or of ſtrong complexion, yf the premiſſes wil not helpe, ye ſhal make a plaiſter after this ſorte. Take henbane leaues, an handful and an halfe, mallowe leaues, an handfull, ſeeth them well in cleare water, then ſtampe them and ſtyrre them, and with a litle of the brothe, beane floure, barly floure, oyle of roſes and camomyl ſufficient, make it vp and ſet on the ſwelling luke warme. Henbane as Auicẽne ſayth, is excedynge good to reſolue the hardnes of the ſtones by a ſecret qualitye. Notwithſtandyng, yf it come of winde, it ſhalbe better to vſe the ſayde plaiſters yͭ are made with comine, for that is of a ſinguler operaciõ in diſſoluynge uyng winde, as affirmeth Dioſcorides writyng of the qualities of cumine.

Of ſacer ignis or chingles

IN Greke heriſipelas, and of the Latines Sacer ignis, oure Engliſhe women call it the fyre of Saynt Anthony, or chingles, it is an inflammacion of members wyth exceding burnynge and redneſſe, harde in the feelyng, and for the moſte parte crepeth aboue the ſkynne or but a lytle depe within the fleſhe.

It is a grieuous paine, & may be likened to the fyre in conſuming. Wherefore the remedies þ are good for burning are alſo very holeſome here ĩ this caſe. And fyrſte the grene ointment of herbes deſcribed in þ chapter of itche, is of good effect alſo in this cure: more ouer þ medicines þ are here deſcribed. Take at the pothecaries of vnguenti Galeni an ounce and an halfe, oyle of roſes two ounces, vnguenti populeon one ounce, þ iuce of plantain, & nightſhade one ounce or more, the whites of

thre

iii. egges, heat thē altogether, & ye ſhal haue a good ointmēt for the ſame purpoſe.

An other.

Take earthwormes and ſtampe them in vineger, then annoint the grefe euery two houres.

Item ẏ donge of a ſwan, or in lacke of it the donge of a goſe ſtamped with the whyte and yolke of an egge, is good.

Item doues donge ſtamped in ſalet oyle or other, is a ſinguler remedy for the ſame purpoſe.

Of burnyng and ſcalding.

FOr burning and ſcalding whether it be with fier, water, oile, leade, pytch, lime, or any ſuche infortune: Ye muſt beware ye ſet no repercuſſiue at ẏ fyrſt, that is to ſaye no medicine of extreme colde, for that might chaunce to driue the feruēt heat into the ſinowes and ſo ſtoppe the poores, that it could not iſſue, whereof ſhould happen much inconuenience in a great burnyng (but in ſmal it coulde not be ſo daungerous:) wherfore ẏ beſt is when is when ye ſee a member eyther brent or ſcalded, as is ſayde afore.

Take a good quantitie of brine, which is made of water and ſalt, not to exceedyng eyger or ſtronge, but of a meane ſharpnes, and with a clout or a ſponge bathe the member in it colde, or at the leaſt bloud warm, thre or foure houres together, the longer the better: For it ſhall aſſwage muche of the peine, open the pores, cauſe alſo the fyer to vapour and geue a great comfort to the weake member. Thē annoint the place with one of theſe medicines.

Take oyle of roſes one parte, ſwete creme two partes, hony halfe a parte, make an oyntment and vſe it.

Item all the medicines deſcribed in the laſt chapter, are of greate effecte in this caſe, likewyſe the grene ointment made of water betonye.

Item a ſoueraine medicine for burnynge and ſcaldynge, and all vnkynde heates is thus made. Take a doſen or more of hard roſted egges, and put the yolkes in a pot on the fyer by thē ſelf, without licour, ſtyrre them and braye them with a ſtrong hand, tyll there aryſe as it wer a froth or ſpume of oyle to the mouth of the veſſell, then preſſe the yolkes and reſerue the licour, this is called oile of egges: a very precious thyng in the foreſayde cure.

Moreouer ther is an oyntment made of ſheepes dounge fryed in oyle or in ſwines grece, than putte to it a litle waxe, and vſe it.

Alſo take quicke lime and waſhe it in veriuce.ix.or.x.tymes, than mingle it with oile, & kepe it for the ſame entent.

Item the iuyce of the leaues of lyiyes v.partes, and vineger one parte, hony a lytle, maketh an excellent medicine, not onely for this entent, but for al other kynd of h[illegible] and runnyng vlcers.

Note that [illegible]ſoeuer ye vſe in thys caſe, it muſt be laid vnto, bloud warm.

Alſo for auoydyng of a ſcarre, kepe the ſore alwaye moyſte with medicine.

¶Of kybes.

The kybes of ẏ heeles, are called in latyne perniones, they procede of cold, & are healed with theſe ſubſcribed remedies. A rape rote, roſted wyth a litle freſh butter, is good for the ſame gryefe. Item a doſen figges, ſodden & ſtamped with a lytle gooſegrece, is good. Earth wormes ſodden in oyle, hath the ſame effecte.

Item the ſkinne of a mouſe clapped al hote vpon ẏ kibe, with the heare outwarde, and it ſhoulde not be remoued durynge .iii. dayes.

¶ A playſter for a kybed heele.

Take newe butter, oyle of roſes, hennes grece, of ech, an ouce, put the butter and the grece in a bygge rape rote, or in lacke of it, in a greate apple, or onion, & whan it is roſted ſofte, braye it with the oyle, & laye it playſterwyſe vpon the kybe.

¶ An other.

Take the [illegible] of apples and rapes roſted on the coles, of eche .iii. ounces, freſhe butter .ii. ounces, duckes greſe or ſwannes grece, an ounce, ſtamp thē all in a morter of leade yf it maye be had, or els grynde them on a fayre marble, and vſe it.

¶ Of conſumpcion or leaneſſe.

WHan a child cōſumeth or waxeth leane withoute anye cauſe apparaunt, there is a bathe cōmended of authours, to waſſhe ẏ childe many tymes, & is made thus. Take the head and feete of a wether, ſeeth thē til the bones fal a ſunder, vſe to bath ẏ child in this licour, and after annointe hym wyth thys ointmente folowing. Take butter without ſalt, oile of roſes and of violettes, of eche .i. ounce, the fat of rawe porke, halfe an ounce, waxe, a quarteron of an ounce, make an ointmēt, wherwith the child muſt be rubbed euery daye twyſe, this with good fedinge ſhall encreaſe his ſtrength by the grace of God.

¶ Of gogle eyes.

THis impedimēt is neuer healed but in a very yong child, euen at the beginning,

ginning, wherunto there is appointed no manner kind of medicine, but only an order of kepyng, that is to saye, to laye the chylde so in his cradelle, that he maye beholde directe agaynſte the light, & not to turne his eies on either of bothe ſydes. If yet he beginne to gogle, than ſet the cradell after ſuche a fourme, that the light maye be on the contrary ſide: that is, on the ſame ſyde frō whence he turneth his eies, ſo that for deſyre of light he may dyrect them to the ſame part, & ſo by cuſtome, bring them to ẏ due faſhion, and in the night there ought to be a candel ſet in lykewyſe to cauſe him to behold vpon it, & remoue his eies from ẏ euil cuſtome. Alſo grene clothes, yelowe, or purple, are very good in this caſe to be ſet, as is ſaid afore. Furthermore a coyfe or a biggē ſtonding out beſides his eies, to conſtraine the ſight to beholde directe forwarde.

Of lyce.

SOmtimes not only chyldrē but alſo other ages, are annoyed with lyce, they procede of a corrupt humour, and are engendred within ỹ ſkynne, crepig out alyue thorough the pores, which yf they beginne to ſwarme in exceding numbre, that diſeaſe is called of the grekes Phthiryaſys, whereof Herode dyed, as is writtē in the actes of apoſtles: & among the Romaines Scilla, which was a great tyraunt, and many other haue ben eaten of lice to deathe, whiche thing, whā it happeneth of the plage of god, it is paſt remedy, but yf it procedeth of a natural cauſe, ye may wel cure it by the meanes folowynge. Fyrſte let the paciente abſtayne from al kynde of corrupt meates, or ỹ brede fleume, and among other, fygges and dates muſt in this caſe be vtterly abhorred. Thā make a lauatory to waſh and ſcoure the body twiſe a day, thus. Take water of the ſea, or els bryne, & ſtrong lye of aſſhes, of eche a lyke porcion, wormwood a handfull, ſeth them a whyle, and after waſſhe the bodye with the ſame licour.

¶ A goodly medicine for to kyl lyce.

Take the groũdes or dregges of oyle, aloes, wormwood, & the gal of a bull, or of an oxe, make an ointment which is ſinguler good for the ſame purpoſe.

¶ An other.

Take muſterde, and diſſolue it in vinegre, with a litle ſalte peter, and anoynt the places, where as the lice are wont to breed.

Item an herbe at the pothecaries called ſtauiſacre, brimſtone, and vinegre, is excedyng good.

It is good to giue the pacient often in his drincke, pouder of an hartes horne brente.

Stauiſacre with oile is a marueilouſe holſome thyng in thys caſe.

¶ An experte medicine to dryue away lyce.

Take the groũdes or dregges of oile, or in lacke of it, freſh ſwines grece, a ſufficiẽt quãtitie, wherin ye ſhal chafe an oũce of quickſiluer til it be al ſõken into the grece, than take pouder of ſtauiſacre ſerced, and myngle al togither, make a gyrdyll of a wollen liſt meete for the middle of yͤ patient, & al to anoynte it ouer with the ſaid medicine, than let him were it contynually next his ſkinne, for it is a ſinguler remedy to chaſe awaye the vermyn. The only odour of quyckeſiluer killeth lyce.

These ſhall be ſuffycient to declare at this time in this litle treatiſe of the cure of children, which yf I may know to be thankefully receiued, I will by gods grace, ſupplye more hereafter: neyther deſyre I any lenger to liue, than I will employ my ſtudyes to the honour of god, and profit of the weale publike.

¶ Thus endeth yͤ boke of
childerne, compoſed by
Thomas Phayer,
ſtudiouſe in Philoſophie and
Phiſicke.

The contentes of the regiment of lyfe.

Of diſeaſes and remedyes of the heed.
Payne commyng of choler.
Payne cauſed of fleume.
Payne cauſed of melancholye.
Regiment for all heedache.
Remedye for heedache of all cauſes.
Of diſeaſes in the face.
To pallifye a face vncurable.
For redneſſe of the face.
For cākers, vlcers, & Noli me tāgere.
For wormes in the face.
A purgacion for the ſame.
Dyete for the ſame ſyckneſſe.
For the eyes, and to quicken yͤ ſighte.
For payne in the eyes.
For bloodſhoten eyes.
For ſwellyng of the eyes.
For ſore eyes.
For great payne in the eyes.
For redneſſe in the eyes.
For hardneſſe in the eyes.

For

Foꝛ al redneſſe of eyes.
To dꝛye the eyes.
Foꝛ webbes in the eyes.
Regiment foꝛ diſeaſes in the eyes.
Foꝛ infirmities of the eares.
Foꝛ ſtynkyng of the noſe.
Foꝛ noſebleadyng.
Remedye foꝛ tothache.
To make teeth whyte.
Remedyes foꝛ diſeaſes in the bꝛeeſt.
Foꝛ a hoꝛce voyce.
Foꝛ the cough.
Foꝛ ſhoꝛtneſſe of wynde.
Foꝛ aſthma.
An oyntment foꝛ the bꝛeath.
Regiment foꝛ the ſame.
Remedies foꝛ phthyſyke.
Foꝛ the pleureſye.
Foꝛ diſeaſes in the rybbes.
Weakeneſſe of the hert, and the cure.
Swownyng.
Foꝛ diſeaſes of the ſtomake.
Foꝛ weakenes therof.
Foꝛ abhoꝛryng of meate.
Foꝛ belchyng.

For wyndineſſe therof.
For the hicket.
Regiment for hicket.
For vomytyng.
To comforte the ſtomake.
Peyne in the ſtomake.
Remedies for diſeaſes of the lyuer.
A ſinguler purgacion for colere.
Other medicines laxatyue.
For heate in the lyuer.
For ſtopping of the lyuer.
Remedie for diſeaſes of the galle.
For Jaundies.
For diſeaſes in the ſplene.
A goodly purgacion for melancholy.
For the blacke Jaundies.
For all oppilacions.
Diſeaſes of the bowels.
For colyke and yliaca paſſio.
For the wyndye colyke.
A ſuppoſytorye.
A purgacion for collike of flewme.
A glyſter for all colyke.
Payne of the raynes, and remedye.
Diete for collike & paine of the reines.

The table.

Fluxes of the bellye.
Remedie for the fluxe lienteria,
For the fluxe diarrhea and other.
Lectuaries for the fluxe.
For fluxe of all cauſes.
Diſeaſes of the matrice.
To ſtaunche the fluxe of women.
For ſtrangling of the matrice.
For all paines of the mother.
Of the ſtone ī the raines and bladder.
with the perfect cure and diete for the ſame.
Of the goute, with the cauſes and remedyes.

¶ Finis.

The table.

The contentes of the treatyſe of the peſtilence.

In the firſt parte.

A pꝛeface of the authoꝛe.
What is ſignified by this woꝛde peſtilence.
The firſt roote oꝛ cauſe ſuperioꝛ of the peſtilence.
The ſeconde roote ſuperioꝛ.
The thyꝛde roote ,inferiour.
The fourth roote, oꝛ cauſe interioꝛ.
Of eleccion of the ayꝛe.
Of eatyng and dꝛynkyng.
Of ſlepyng and waking.
Of exercyſe.
Of emptines and fulnes.
Of accidentes of the mynde.
Of medicines pꝛeſeruatyues.
A dꝛynke foꝛ the peſtilence.
A good pꝛeſeruatiue foꝛ ẏ cōmō people
A powder foꝛ the ſame.
An other ſinguler remedie foꝛ rich mē.
An other ſoueraigne and goodly recett

both

The table.

bothe preſeruatiue and curatiue.
Of ſwete waters.
Perfumes againſt the peſtilence.
Pomaunders for peſtilence.
¶ In the ſeconde parte,
Howe to knowe a perſon infected.
Of the cure of peſtilence by the way of diete.
Of the cure of peſtilence by the way of medicines.
A receite agaynſt the peſtilence.
Manardus medicine.
A lectuary of great vertue.
An other medicine liquide.
Of letting bloud, vētoſes & purgaciōs.
Of applicaciō of outward medicines.
A plaiſter to ripe a botche comming of the peſtilence.
An other for the ſame.
The vſe of ſurgerye for hym that hath no botche.
Of the cure of carbūcles and anthrax.
A good defenciue.
A declaraciō of ẏ vtilitie of veines cōmōly to be let bloud in ẏ body of mā.

Finis.

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